

Examples of Normal/Abnormal Physical Assessment Findings

NEUROLOGICAL/SENSORY (LOC, sensation, strength, speech, pupil assessment, pain):

Normal: Alert, oriented X4 (Person, Place, Time, Situation). Pupils 3 mm equal, round, reactive, to light (PERRL). Moves all extremities on command, responds appropriately to sharp & dull sensations. Hand grasp and toe wiggle (HGTW) equal & strong bilaterally. Movements purposeful & coordinated. Speaks English (native language) clearly. Pain level "0" on 1-10 scale.

Abnormal: Confused to place & time, oriented to person and situation. R pupil 3 mm, L pupil 6 mm. Pupils react sluggishly to light. Does not respond to on 1-10 sharp/dull sensations. Right hand grasp weak, left strong, toe wiggle absent bilaterally. Speech slurred, incoherent. Complains of pain of "8" on 1-10 pain scale. Pain is dull ache to left knee.

PSYCHOLOGICAL/SOCIAL (affect, interaction with family, friends, staff):

Normal: Cheerful affect, interacts appropriately with family, friends, and staff.

Abnormal: Flat affect. Little interaction with family, friends, or staff. Agitated, uncooperative, withdrawn.

EENT (symmetry, drainage of eyes, ears, nose, throat, mouth, including dentition, nodes, and swallowing.)

RESPIRATORY (chest configuration, breath sounds, rate, rhythm, depth, pattern)

Normal: Chest symmetrical, trachea midline. Respirations 28, even and unlabored. Breath sounds clear to auscultation (CTA) bilaterally. Breathing room air. O2 sat on (RA) 98%.

Abnormal: Chest barrel shaped, trachea shifted to right. Respirations 34 and shallow. Breath sounds diminished on the left with expiratory wheezes heard throughout. Course crackles bilaterally, respirations labored. O2 3L nasal cannula (N/C) with O2 sat 86-88%.

CARDIOVASCULAR (heart sounds, apical and radial rate, rhythm, radial and pedal pulse, pattern.)

Normal: S1 & S2 audible with regular rate and rhythm. Apical rate 72, radial pulses 2+ bilaterally with rate of 72. Pedal pulses 2+ bilaterally, no edema noted. B/P 110/76. Denies chest pain or discomfort. Nailbeds pink, capillary refill <2-3 seconds.

Abnormal: Heart sounds audible with murmur noted. Irregular rate and rhythm. Apical rate 132, radial pulse 1+ bilaterally with rate of 102. Right pedal pulse 2+, left pedal pulse 0, audible with doppler only. 3+ pitting edema bilaterally to ankles & feet. Nailbeds pale and gray. Capillary refill >3 seconds.

GASTROINTESTINAL (bowel habits, appearance of abdomen, bowel sounds, tenderness to palpitation):

Normal: Abdomen flat, soft and nontender. Active bowel sounds X4 quadrants. States usually has BM every AM with soft, formed brown stool. (not observed)

Abnormal: Abdomen distended, firm. Bowel sounds absent X4 quadrants. Right lower quadrant (RLQ). Complains of severe tenderness to RLQ during palpation. Incontinent of frequent, black tarry stools.

GENITOURINARY/REPRODUCTIVE (frequency, urgency, continence, color, clarity, odor, vaginal bleeding, discharge):

Normal: Voids clear yellow urine, adequate amount. Denies odor, discharge or pain. Post-menopausal.

Abnormal: Foley to gravity draining cloudy amber colored urine with foul smell and sediment. Urine output 100 mL in past 8 hours.

SKIN/MUSCULOSKELETAL (skin color, temperature, texture, turgor, integrity, mobility, gait):

Normal: Skin warm, dry and intact. Color appropriate to race. Turgor elastic. Walks ad lib without assistance, gait steady.

Abnormal: Skin cool, clammy. Turgor poor. Bilateral lower extremities (BLE) contracted, lying in fetal position. Does not ambulate. Stage III decubitus ulcer on coccyx 10cm X 6cm covered with transparent dressing.

WOUNDS/DRESSINGS

10 cm midline abdominal incision, sutures intact, reddened with small amount of serous drainage.

Occlusive dressing to right knee clean, dry and intact.