

Physical Exam

Cont...

Homework: Referral Letter

Model Dialogue2 (Word format)

What's being examined in this dialogue?

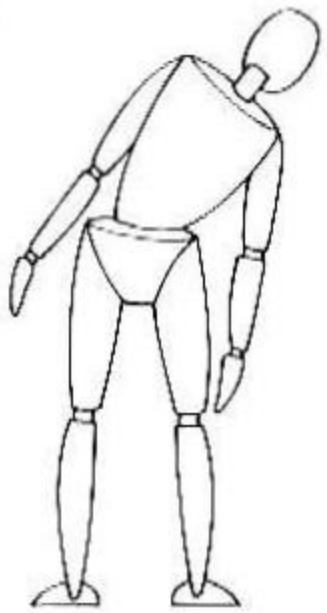
What do you think the doctor is examining by giving each of these instructions?

1. I want you to push your hand as hard as you can against my hand.
2. Breathe in as far as you can. Now out as far as you can.
3. Say 99. Now whisper it.
4. Could you fix your eyes on the tip of my pen and keep your eyes on it?
5. I want you to keep this under your tongue until I remove it.
6. I want to see you take your right heel and run it down the front of your left leg.
7. Put out your tongue. Say Aah.

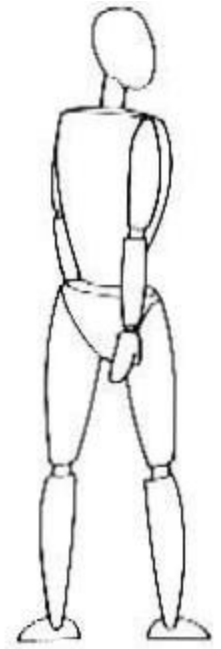
What instruction would you give in each case?

3

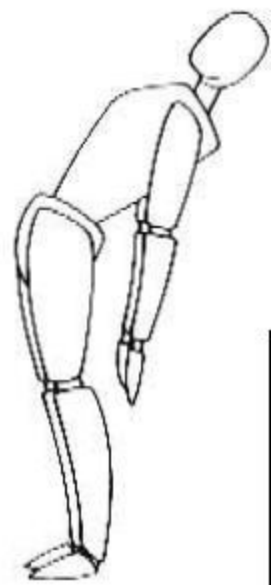
a)



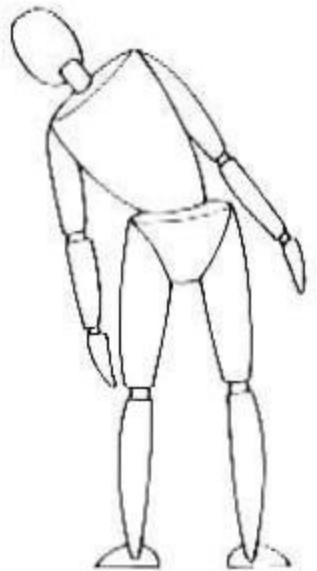
b)



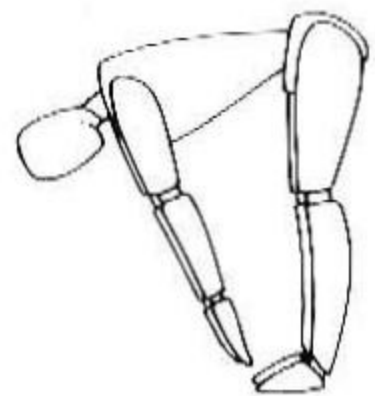
2 c)



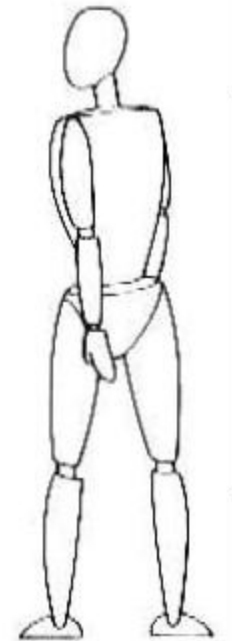
d)



e)



f)



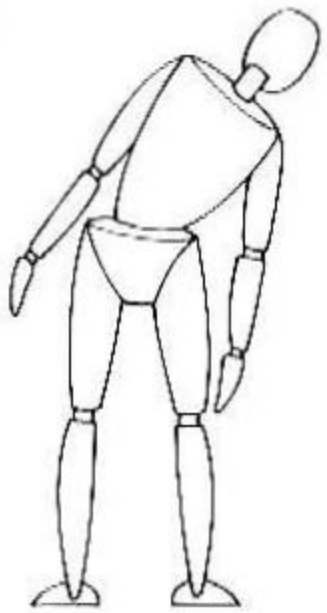
ANSWERS

- a) I would like you to slide your right hand down the right side of your thigh.// Could you slide your right hand down the outer side of your right thigh?
- b) Try and turn both shoulders round to the right, please.//Can you turn both your shoulders round to the right?
- c) Would you lean backwards, please?
- d) I would like you to slide your left hand down the left side of your thigh.// Could you slide your left hand down the outer side of your left thigh?
- e) Could you bend down as far as you can with your knees straight?
- f) Try and turn both shoulders round to the left, please.

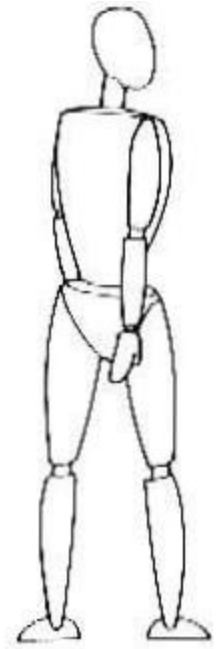
WHAT SHOULD BE THE
ORDER OF THE
INSTRUCTIONS TO
EXAMINE THIS
PATIENT?

3

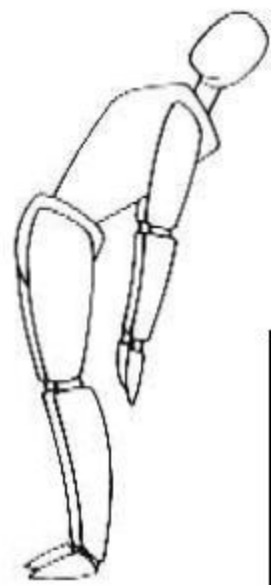
a)



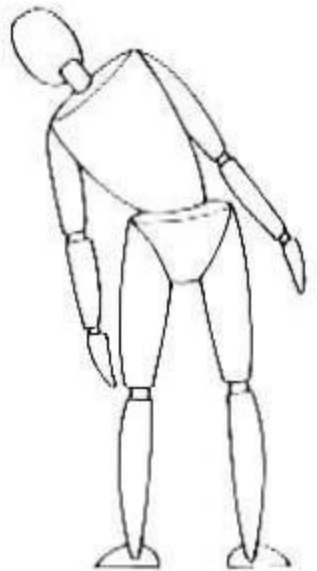
b)



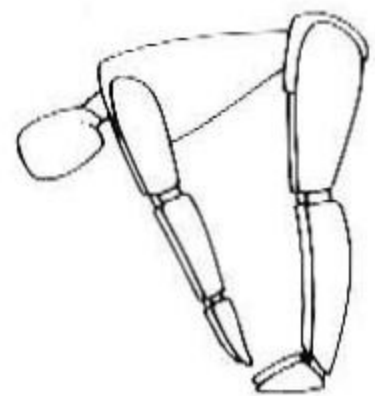
2 c)



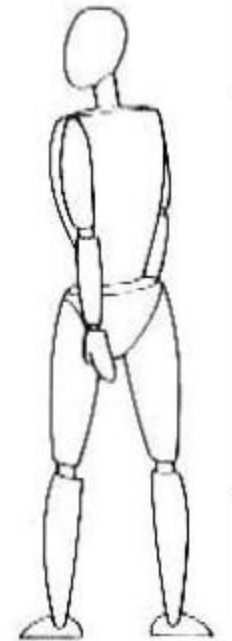
d)



e)



f)



ORDER OF INSTRUCTIONS

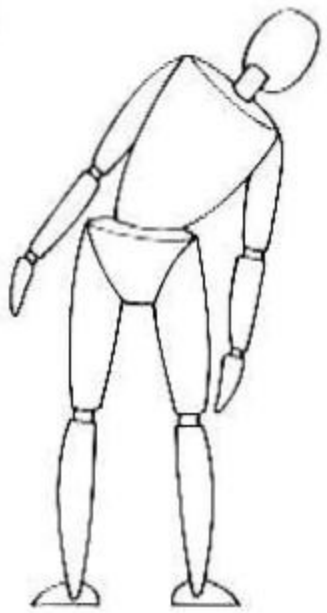
e c a d b f

How could you give instructions more economically?
Any linking expression or instruction?

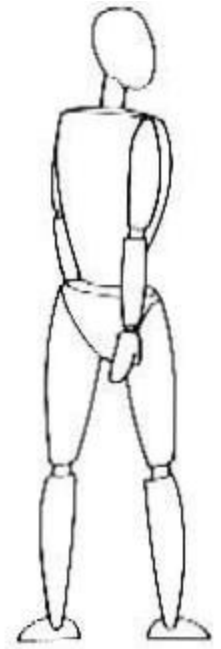
Let's perform it. (see drawings again)

3

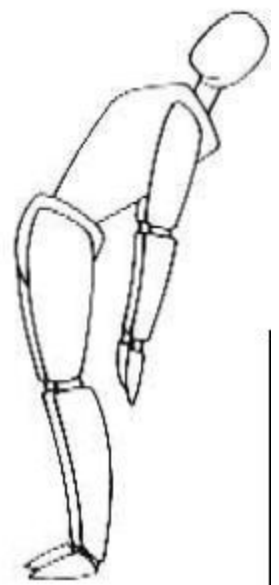
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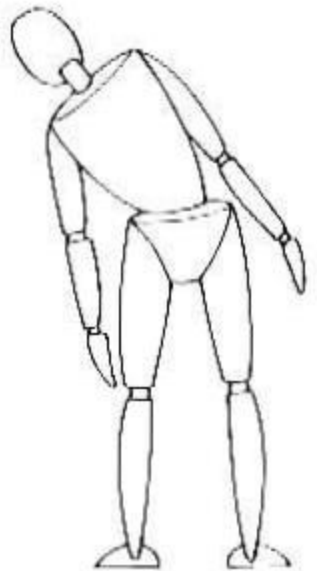
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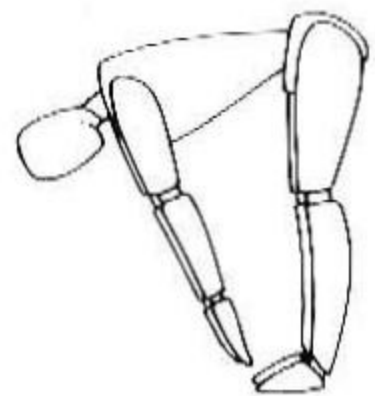
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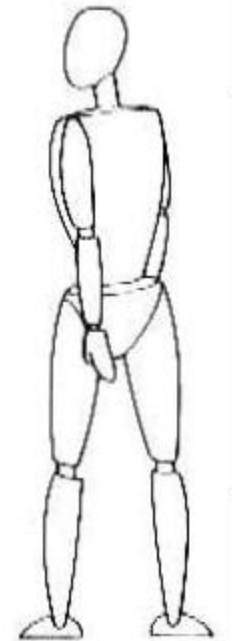
d)



e)



f)



O/E

General Condition obese, 1.65m tall, 85 kg

ENT

wax ++ both sides

Ear, Nose, Throat

Nothing abnormal detected

RS

NAD

regular

Pulse

CVS

P 80/min

reg.

BP 180/120

Heart sounds

HS normal

Gastro-intestinal system

GIS

GUS

CNS

Fundi normal

Task 8



As you may well know Appendix 5 contains the most common medical abbreviations related to the topics in this book. Below is a list of these abbreviations. Write their corresponding meanings with the help of the appendix.

1. L: _____

2. BC: _____

3. Ca: _____

4. FNAB: _____

5. Bx: _____

6. DDX: _____

7. T: _____

8. mo: _____

9. BSE: _____

10. R: _____

11. GP: _____

12. MRI: _____

13. CBE: _____

14. OR: _____

15. PMH: _____

16. p.r.n: _____

17. pt: _____

18. F: _____

19. Dx: _____

20. S & S: _____

HOMEWORK: From the following case notes, start writing a case report

12 years/ f / c/o shortness of breath/ cough/ wheezing/ chest pain/ weakness

PMH Asthma 5/12 ago / rheumatic fever 2 yrs old / frequent allergic URI

PFH none

O/E weak/ wheezing/ indrawing/ inspiratory rales/ BS ↓/ HS ✓
heart murmur/ T 37° C / P 80 x min & reg / BP 110/60 mmHg

Dx Asthma