



# Clinical Skills

Lecture no: 1

Title:

Physical Examination



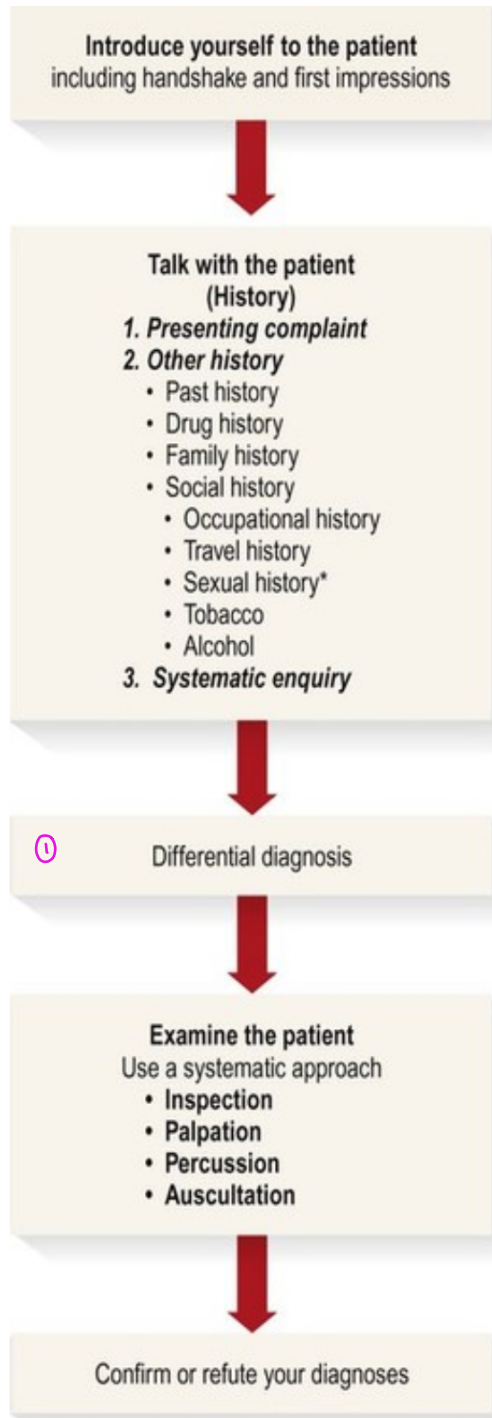
By: Elaf Sameer

وَقُلْ رَبِّ زِدْنِي عِلْمًا

*Joel F. Vaughan, MD*

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*PHYSICAL  
EXAMINATION 1 –  
“BEGINNING WELL”*



# Context

- Where does examination fit in the consultation?
- When does examination begin?
- When does examination end?

different diagnosis :

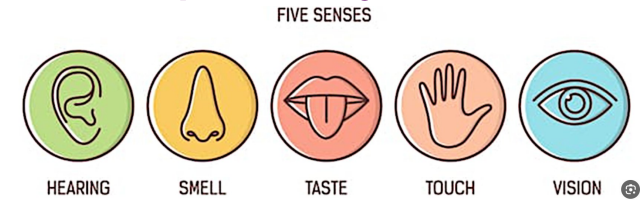
اعرف اكثر عن المشكله الرئيسيه

Find out more about the main problem

احدد الجزء المراد فحصه

I determine what part I want to examine

you as a doctor should use all your senses there for all patients body and action absorption by the five senses.



The patient's perspective is **subjective** to us ( the history they gave is subjective from their their perspective).

\* وجهات النظر القائمة على المساعروالآراء

we called physical examination **objective** because we are only recording what we can see and feel with our five senses.

\* يمكن التحقق منها ملاماً على الحقائق والأدلة

when does examination begin?

physical examination from

the patient's perspective

من وجهة نظر المريض  
تبدأ PE

the doctor's perspective

من وجهة نظر الطبيب

- Introduction taking history
- Presenting complaints and history of it

- The physical examination starts as soon as you send patients
- We observe everything by looking

Physical examination **generally** starts after taking history

← "دكتور عليها الدكتور"

Privacy

الخصوصية

Permission

الإذن

Professionalism

الإحترافية

*First  
Things*

## Privacy

Make sure to close the curtains or barriers wherever possible.

لـ الحواجر      لـ السائتر

Use a closed room → to increase the patient's confidence in you.

## permission

Asking the patient for permission to begin the examination and providing a chaperon for him when necessary, especially if she is female

لـ مرافق

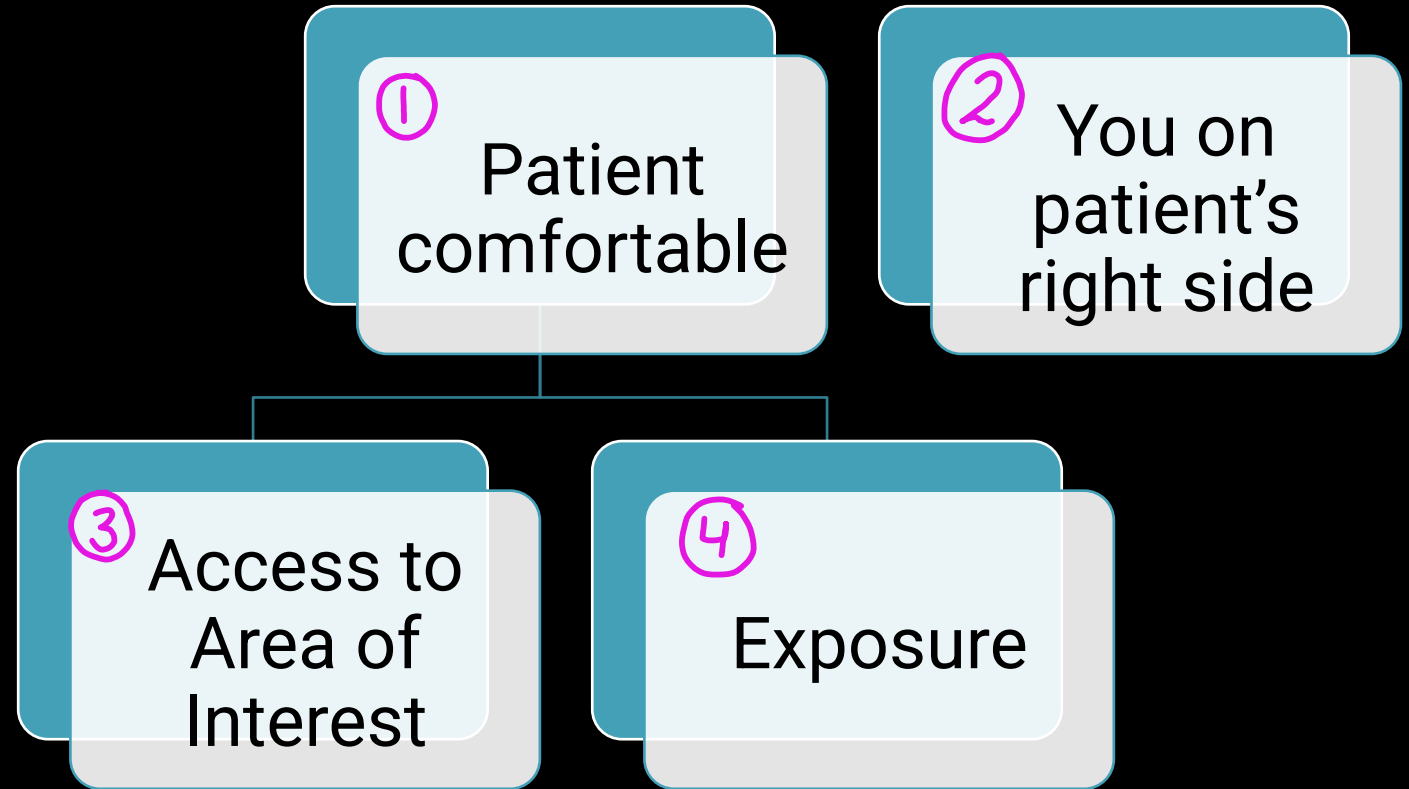
## professionalism

Introduce yourself and shake hands with the patient.

Ask permission to begin the consultation.

Wash your hands

# *Position*





①

Make sure that the patient is in a comfortable position before starting the examination

②

When beginning to examine a lying patient, *المريض المستلقي* → start from the right side of the bed and use your right hand.

③

Ask permission to examine sensitive areas adequately

*المناطق الحساسة*

and in the presence of an chaperon if necessary

④

Avoid unnecessary exposure and embarrassment

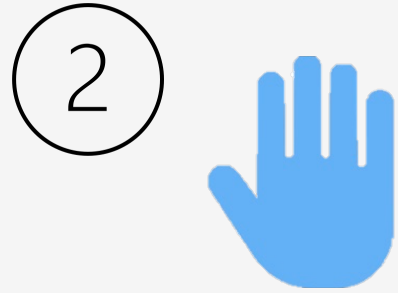
*تجنب الاجراء*

حوظ بالرسب



Inspection

"Looking"



Palpation

"Feeling"



"Tapping"

Percussion



Auscultatio

"Listening through<sup>n</sup> stethoscope"

*Sequence*

# Percussion

عرض فيديو توضيحي.

1) we use the **middle finger** of our **non-dominant hand** over the area. to be percussed  
لأصبع دلك اليمين ليست على مطقة المحص

\* It helps us to know the nature of the viscera beneath : أمثلة على نوع الصوت ودلالته

• Things which are hollow (full of gas)   
 → bowel  
 → Healthy lung } Resonant

\* Things which are solid   
 → liver + tissue  
 → nastly consolidated lung } دُفيل ثقيل

\* the sound could be improved by applying more pressure (rarely needed)

يمكن ان نحسن الصوت من خلال تطبيق المزيد من الضغط



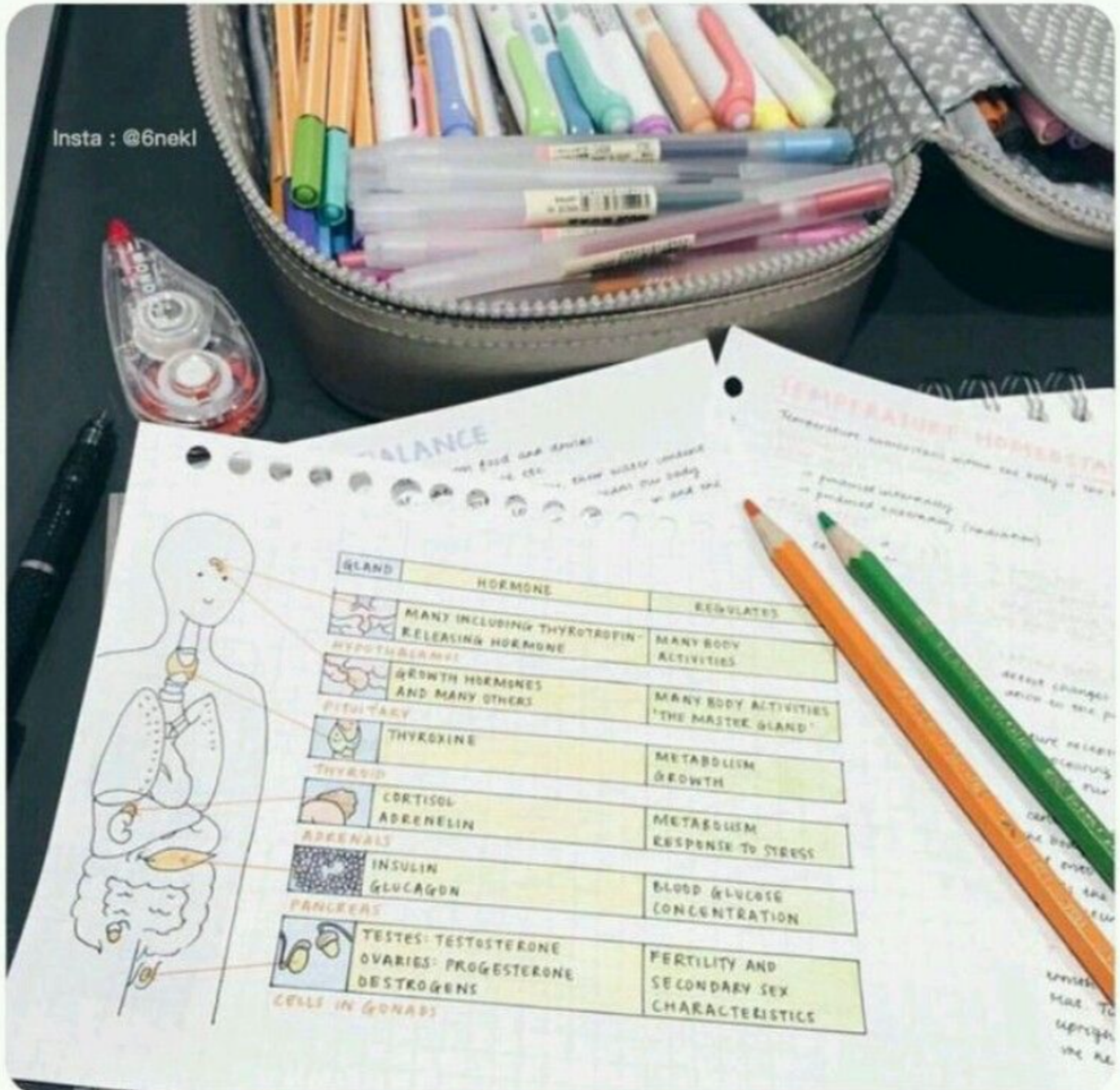
# *Summary*

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- Starting well is important
- Physical examination generally starts after taking history
- Make there is privacy (chaperone as needed)
- Make sure you have patient's permission
- Position the patient correctly and expose the area of the examination
- Proceed through:
  - Inspection (Look)
  - Palpation (Touch)
  - Percussion (Tap)
  - Auscultation (Listen)

"كن في دراسة الطب كشارب القهوة ، يستمتع  
 بها رغم مرارتها " ☀️☕️ .

Insta : @6nekl



BALANCE



GLAND	HORMONE	REGULATES
HYPOTHALAMUS	MANY INCLUDING THYROTROPIN-RELEASING HORMONE	REGULATES MANY BODY ACTIVITIES
PITUITARY	GROWTH HORMONES AND MANY OTHERS	MANY BODY ACTIVITIES "THE MASTER GLAND"
THYROID	THYROXINE	METABOLISM & GROWTH
ADRENALS	CORTISOL-ADRENALIN	METABOLISM RESPONSE TO STRESS
PANCREAS	INSULIN-GLUCAGON	BLOOD GLUCOSE CONCENTRATION
CELLS IN GONADS	TESTES: TESTOSTERONE OVARIES: PROGESTERONE ESTROGENS	FERTILITY AND SECONDARY SEX CHARACTERISTICS

TEMPERATURE HOMEOSTASIS

Temperature homeostasis is the body's ability to maintain a constant internal temperature. It is a process that involves the hypothalamus, which acts as the body's thermostat. The hypothalamus sends signals to the body to either produce heat (shivering, vasoconstriction) or lose heat (sweating, vasodilation) to maintain a stable internal temperature.