



Clinical Skills

Lecture no: 2

Title:

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Physical examination

Steps of examination:

→ Introducing yourself

→ Give them privacy

→ Talk with the patient (history taking)

1. Get to know the patient (name, age, gender, etc.)
2. Chief complaint
3. History -> Past history, drug history, family history, social history.
4. Systematic inquiry (Symptoms in other body systems relating to the main issue.)
5. Differential diagnosis (Distinguishing a particular disease or condition from others that present with similar clinical features.)

→ Ask for your patients permission

→ Wash your hands/hygiene

→ Position the patient correctly and expose the area of examination

→ Proceed with the physical examination

- Inspection -> eyes
- Palpation -> fingers
- Percussion -> tapping
- Auscultation -> listening (stethoscope)

On spot diagnosis:

Illnesses or diseases that can be diagnosed from facial features and other visible stuff, such as down syndrome

When the patient enters

Gait (manner of walking) and posture

Handshake

Facial expression and demeanor

Clothing

Colouring of the face

- Bluish = cyanosis
- Yellowish = Juandice
- Paleness (pallor) = Anemia

Odors

Acetone
(Diabetic ketoacidosis)

Fishy odor
(Uremia/
Kidney failure)

Mousy smell
(liver/hepatic failure)

Foul smell
(Gastric outlet obstruction)

Hair

- Hair loss = alopecia (Areata - Totalis - Universalis)
- Excessive hair = hirsutism / hypertrichosis

Tongue

Color

Size

Fasciculation

Hands and nails

- Color: Bluish (peripheral cyanosis)
Yellow markings between fingers (smoker)
- Skin texture
- Deformities and muscle wasting
- Nail change and clubbing

Consciousness

Glasgow Coma Score

What to look for

- Eyes opening
- Verbal response
- Best motor response

Assessment of consciousness

- 1.Alert
- 2.Lethargic
- 3.Obtunded
- 4.Stuporous
- 5.Comatoses

Hydration

Importance of hydration

- Varies by age and gender
- Body is made of 60-65% of water
- It is crucial for maintaining metabolism and circulation

Dehydration

- Not enough water, difficult to assess, easy to underestimate fluid loss
- High pulse rate with low blood pressure
- Sunken eyes, dry mucus, loss of skin turgor

Overhydration

- Too much water, more evident than dehydration
- Edema
- Jugular venous pressure