



Clinical Skills



Lecture no: 3

Title: clinical and history
lecture notes

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وَقُلْ رَبِّ زِدْنِي عِلْمًا

* VITAL SIGNS :

Pulse / Temperature / blood pressure / Respiration

[Pain → But it is extra]

1] PULSE :

- ① **Radial** (wrist) → using 2 Fingers } → index and middle
- ② **Brachial** (inner elbow) → using 2 Finger }
- ③ **Carotid** (under the jaw line) → tips of the fingers
- ④ **Femoral** (hips) → 2 Fingers (Index and middle)
- ⑤ **popliteal** (in the knee crease) → the thumbs on the knee cap and the rest of the fingers at the pulse point.
- ⑥ **Posterior tibial** (behind and below: الكعب الداخلي للقدم)
- ⑦ **Dorsalis pedis** (start from thumb and index finger on the foot, slide down on the line between them until the middle of the foot.)

▶ Pulse range :

- **Normal** 60 - 100 pulse / min
- **Bradycardia** < 60 pulse / min
- **Tachycardia** > 100 pulse / min.

2] TEMPERATURE :

↳ How to Take it :

- ① Orally → subtract this number to get correct Temp
- ② Rectal → + 0.5° than oral ~~(subtract half)~~
- ③ axilla → - 0.5° than oral
↳ add this number for correct Temp

▷ Temperature range :

* Normal → $36.5^{\circ} - 37.2^{\circ}$

* Hypothermia → $< 36.5^{\circ}$

* Hyperthermia → $> 37.2^{\circ}$

3] RESPIRATION :

* Normal → 12 - 20 breathes / minute

* Bradypnoea → < 12

* Tachypnoea → > 20

* BUMPS AND LUMPS :

↳ SPACE SPIT FF

S → size

P → position

A → Attachment

C → consistency → حبيبية / صلبة / طرية ← حبيبية

E → Edge → well-defined

Ill-defined

S → surface → Rough / smooth

P → pulsation

I → Inflammation → It's signs : ① Red ② Tenderness

③ Warmness

T → Transillumination

+ LYMPH NODES:

* Inspection First → search for abnormalities

~~steps~~

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+ Types:

- ① Cervical
- ② Axillary
- ③ Epitrochlear
- ④ Inguinal.

1] cervical:

* Examined while standing **BEHIND** the patient.

- ① submental
- ② submandibular
- ③ preauricular
- ④ tonsillar.
- ⑤ supraclavicular
- ⑥ Deep cervical nodes

* Examined while standing **INFRONT** of the patient.

- ① posterior auricular
- ② occipital nodes.

2] Axillary:

Anterior - Middle - Posterior - Deep

↳ The sides. (Armpits and below)

3] Epitrochlear:

* Hold the right arm of the patient with your right hand and examine with the left. (and the opposite)

↳ It is found close to the inner side of the ~~the~~ elbow

4] Inguinal

① Inguinal gland → close to where we check the Femoral pulse

② popliteal gland → popliteal pulse.

History taking

① Rapport → good give & take.

② screening → Tell me more

Socrates → Only with pain

S → site

O → onset

C → character.

R → Radiation

A → associated symptoms

T → timing

E → exacerbation.

S → severity (1-10)

ICE

I → Ideas

C → Concerns

E → Expectations

③ Active listening → eye contact.

④ Open ended to close ended Ques. (general → more specific)

⑤ Clarification

⑥ Picking up cues

⑦ empathy

⑧ summarize

⑨ signposting

