BASIC SCREENING PHYSICAL EXAMINATION (Outline)

1. **WASH HANDS.**
2. **PATIENT SITTING, FACING THE EXAMINER**
   - Describe general appearance.
   - Inspect & palpate fingers (nails, joints) hands (palms), wrists, elbows, and arms (muscles, joints, and skin).
   - Test ROM in fingers, wrists, and elbows and test muscle strength in hand/fingers, wrists, forearms and arms.
   - Palpate radial pulses.
   - Check blood pressure in both arms (palpation 1 arm, auscultation both arms).
   - Inspect head and neck (configuration, scalp, and skin).
   - Inspect eyelids, conjunctivae and sclerae.
3. **STAND BESIDE PATIENT’S LEG, ADJUST DRAPING SHEET**
   - Inspect nose and nasal cavities (mucosa, septum, turbinates).
   - Inspect, palpate, and test shoulder ROM.
   - Ask patient to shrug shoulders against resistance (checking trapezius muscles) and laterally rotate his/her head against resistance (checking sternocleidomastoid muscles cranial nerve XI).
   - Perform funduscopic examinations (right and left).
   - Inspect external ears (right and left).
   - Percuss and palpate the posterior lung fields. Always begin at the apices and alternate bilaterally.
   - Ask him to bend at the hips over the exam table with upper body resting across the table or (if patient is not mobile) ask patient to lie on left side with left leg extended and right leg flexed.
   - Percuss liver span in right MCL.
   - Palpate for kidneys.
4. **MOVE TO POSITION BEHIND PATIENT**
   - Palpate the salivary glands and the head and neck lymph nodes.
   - Palpate trachea in the sternal notch.
   - While patient swallows, palpate for the thyroid gland.
   - Inspect the chest wall and skin. During patient's deep breathing, observe chest posteriorly for symmetry and check for respiratory excursion.
   - Inspect spine; percuss spine and costovertebral angle.
   - Percuss and palpate the posterior lung fields. Always begin at the apices and alternate bilaterally comparing right and left sides.
   - Auscultate the lung. Always begin at the apices and alternate bilaterally comparing right and left sides.
   - **MOVE TO FRONT OF PATIENT**
   - (Female patient) Inspect breasts and nipples while patient's:
     - arms are relaxed at sides
     - arms are above head
     - hands are pressed against hips
     - hands are pressed against hips and patient is leaning forward
   - Palpate axillary nodes (against chest, laterally, anterior and posterior).
5. **ASK PATIENT TO LIE FLAT**
   - Standing at patient's right, palpate both breasts.
   - Raise patient to 30°
   - Identify and inspect internal and external jugular neck veins. Estimate Central Venous Pressure (CVP) by measuring for the maximum height of the internal jugular vein from the sternal angle.