

**SAMPLE PHYSICAL EXAMINATION CHARTING WITH ALL NORMAL FINDINGS**  
**Write Up Guidelines for Head to Toe OSCE**

GENERAL APPEARANCE:

45 y/o female who is awake and alert and who appears healthy and looks her stated age

VITALS

Temperature: **37.5° C oral**

Blood Pressure: R Arm/Palpation (Systolic) - **120**  
R Arm/Auscultation- **126/70**  
L Arm/Auscultation- **126/70**

Heart Rate: 80 regular

RR: 14

HEENT

Head: Normocephalic, Hair-- normal texture; Scalp-  $\theta$  lesions, tenderness

Eyes: Sclera- white  
Conjunctiva- pink  
Fundoscopy-  
Red Reflex: present  
Disc: round, sharp margins, nl color  
Vessels: nl caliber, A/V ratio ~ 2:3  
Background: no abnormal pigmentation, hemorrhages or exudates Macula: visualized

Ears: External Ear- $\theta$  lesions, masses, tenderness  
Auditory Canal- normal  
Eardrum- TMs gray, translucent, with nl light reflex

Nose: Color- pink  $\theta$  discharge  
Septum- midline  
Inferior and Middle Turbinates – normal

Throat and Mouth: Teeth: present and in good dentition  
Tongue:  $\theta$  lesions  
Gums and Mucosa:  $\theta$  swelling, bleeding, infection  
Pharynx and Tonsillar Fossa: normal  
Openings of Stensen's and Wharton's Ducts: identified

## NECK

Active ROM: nl flexion, extension, lateral rotation and tilting  
Trachea: midline, mobile  
Thyroid: non-palpable or palpable, nl size & consistency, 0 lesions  
Suprasternal Notch: 0 pulsation

## BREASTS

Symmetrical upon inspection, nipples symmetrical and everted; 0 masses, nipples 0 discharge

## THORAX & BACK

LUNGS symmetrical expansion with respiration  
nl resonant percussion  
Clear, normal vesicular breath sounds in all lung fields, anteriorly and posteriorly  
(may write: Clear to A&P)

## HEART

Neck Veins- 0 JVD at 45°  
Carotid Arteries:  
    nl upstroke & amplitude bilaterally; 0 bruits  
Precordium:  
    0 lifts or heaves - PMI not visible  
    0 parasternal impulses, 0 thrills  
    PMI- palpable in 5<sup>th</sup> ICS, MCL; nl size  
    Normal S1, S2; 0 S3, S4; 0 murmurs

## ABDOMEN

Scaphoid 0 scars, striae;  
nl bowel sounds, 0 bruits;  
nontender with both superficial and deep palpation;  
no masses, no guarding.

Liver:                      liver edge not palpable  
                                Percussion - Size- ~10 cm in R midclavicular line

                                Palpation- non palpable

Kidneys:                   Not palpable, 0 CVA tenderness

Femoral Pulses:           2+, nl and symmetric; 0 bruits

## EXTREMITIES

Upper: Nails- nl, 0 cyanosis, clubbing  
Palms- nl color, texture  
Muscles- nl size  
Joints: no deformity, no redness or swelling; normal ROM,  
Radial pulse 2+, nl and symmetric

Lower: Nails- nl, 0 cyanosis, clubbing  
Muscles- nl size  
Joints: no deformity, no redness or swelling; normal ROM,  
Pulses:  
    Posterior Tibial 2+ bilaterally equal  
    Dorsalis Pedis 2+ bilaterally equal

SPINE: 0 spine tenderness to percussion, full ROM

SKIN: nl, 0 lesions

## LYMPH NODES

(list only the nodes you examine) submental, submandibular, anterior and posterior cervical, pre and post auricular, suboccipital, supraclavicular, axillary, epitrochlear, superficial inguinal—no lymphadenopathy

## NEUROLOGIC

Mental Status: awake, alert; oriented x 3

Cranial Nerves: II-XII intact

Muscle strength: 5/5 throughout both upper and lower extremities

(Note: 0 This symbol of a zero with a line crossing through it indicates the absence of a finding; this is usually seen in hand written charts. You can easily substitute the word "no" in its place.)