

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- θ 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- θ lesions, masses, tenderness
Auditory Canal- normal
Eardrum- TMs gray, translucent, with nl light reflex

Nose: Color- pink θ discharge
Septum- midline
Inferior and Middle Turbinates – normal

Throat and Mouth: Teeth: present and in good dentition
Tongue: θ lesions
Gums and Mucosa: θ 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, θ lesions
Suprasternal Notch: θ pulsation

BREASTS

Symmetrical upon inspection, nipples symmetrical and everted; θ masses, nipples θ 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- θ JVD at 45°
Carotid Arteries:
 nl upstroke & amplitude bilaterally; θ bruits
Precordium:
 θ lifts or heaves - PMI not visible
 θ parasternal impulses, θ thrills
 PMI- palpable in 5th ICS, MCL; nl size
 Normal S1, S2; θ S3, S4; θ murmurs

ABDOMEN

Scaphoid θ scars, striae;
nl bowel sounds, θ 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, θ CVA tenderness

Femoral Pulses: 2+, nl and symmetric; θ 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.)