

HISTORY AND PHYSICAL EXAM

CHIEF COMPLAINT (health problem / complaint in patient's own words)

HISTORY OF PRESENT ILLNESS

chronological order of time / place of symptom(s); onset, duration, frequency, location, quality, quantity / severity, aggravating / alleviating factors, associated symptoms, self treatment, relevant laboratory values, pertinent negatives

PAST MEDICAL HISTORY

GENERAL HEALTH: date, type, outcome, complications of **CHILDHOOD ILLNESSES** (measles, mumps, rubella, whooping cough, chicken pox, rheumatic fever, scarlet fever, polio); **ADULT ILLNESSES, ACCIDENTS / INJURIES:** hospitalizations not already listed; **IMMUNIZATIONS** (DPT, MMR, polio, hepatitis B, H, influenza, S. pneumonias, varicella); **SCREENING TESTS** (hematocrit, urinalysis, tuberculin skin test, pap smear, mammogram, occult stool blood, cholesterol)

PAST SURGICAL HISTORY

operation date, type, reason, outcome, blood transfusions, complications

FAMILY HISTORY

age, health / death of parents, siblings, spouse, children; **CHECK** diabetes, heart disease, hypertension, stroke, cancer, bleeding disorders, asthma, arthritis, tuberculosis, epilepsy, mental illness, symptoms of presenting illness

SOCIAL HISTORY

birthplace, education, employment, religion, marriage / divorce, living accommodations, persons at home, diet, exercise, hobbies

MEDICATIONS

name, dose, frequency, duration, reason for taking, compliance, availability

ALLERGIES

medications / substances causing reactions (rash, swelling, difficulty breathing, etc.)

TOBACCO, ALCOHOL, DRUGS

type, amount, frequency, duration, reactions, treatment

REVIEW OF SYSTEMS

GENERAL: weight change, fatigue, weakness, fever, chills, night sweats

SKIN: skin, hair, nail changes; itching; rashes; sores; lumps; moles

HEAD: trauma; headache location, frequency, nausea, vomiting, visual changes

EYES: glasses, contact lenses, blurriness, tearing, itching, acute visual loss

EARS: hearing loss, tinnitus, vertigo, discharge, earache

NOSE, SINUSES: rhinorrhea, stuffiness, sneezing, itching, allergy, epistaxis

MOUTH, THROAT, NECK: bleeding gums, hoarseness, sore throat, swollen neck

BREASTS: skin changes, masses / lumps, pain, discharge, self exams

CARDIAC: hypertension, murmurs, angina, palpitations, dyspnea on exertion, orthopnea, paroxysmal nocturnal dyspnea, edema, last ECG

RESPIRATORY: shortness of breath, wheeze, cough, sputum, hemoptysis,

pneumonia, asthma, bronchitis, emphysema, tuberculosis, last chest X-ray

GI: appetite, nausea, vomiting, indigestion, dysphagia, bowel movement

frequency / change, stool color, diarrhea, constipation, bleeding (hematemesis, hemorrhoids, melena or hematochezia), abdominal pain, jaundice, hepatitis

URINARY: frequency, hesitancy, urgency, polyuria, dysuria, hematuria, nocturia, incontinence, stones, infection

Maxwell Guide Physical Exam

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Maxwell Guide Physical Exam:

Maxwell Quick Medical Reference Robert Maxwell, 2025 A best selling medical guide that includes essential information used in everyday medical practice Badge size vertical format

Lange's Practical Guide to History Taking, Physical Exam, and Functioning in the Hospital and Clinic Charles Goldberg, 2024-12-13 By approaching clinical medicine in a practical and demystified fashion this engaging focused guide helps you master your most important everyday tasks The clinical exam is a tangible way of truly being with another person while collecting key information Humans are delightfully quirky such that the way in which they describe symptoms often requires an open and tuned in human ear to truly understand and contextualize their stories Physical connection providing comfort and healing through touch can only be delivered when you are next to another living soul Helping others through medicine is an immensely rewarding activity and being connected to someone hearing their stories and guiding their care in a hands on manner is a unique privilege that we should all hold onto tightly With its pragmatic approach Lange's History Taking Handbook Physical Exam and Functioning in the Hospital and Clinic helps make the learning process both fun and rewarding Core behaviors are described which have diagnostic utility and prolonged applicability even in a technology driven world There are always new techniques to learn and unusual findings to incorporate into your personal libraries of medical experience However unless you take the time to build a solid foundation you will never have confidence in the accuracy and value of what you can uncover with a sharp mind attentive ear agile fingers and a few simple tools Every section is constructed to answer the question What do I really need to know about this area The material is presented in a concise bulleted fashion that is easy to read and follow The focus is on skills and approaches which should be readily applicable during clinical encounters Exam techniques are described in step by step detail Special maneuvers that are occasionally utilized are also described as well as when they should be implemented Photos and illustrations are incorporated to make the descriptions and techniques easier to understand and apply There are chapters dedicated to every major organ system In addition care of specific patient groups are covered including three chapters dedicated to pediatrics Newborn Toddler Child and Adolescence LGBTQ Health and Geriatrics Every chapter contains Pearls to draw attention to particularly noteworthy elements Findings and their Meanings are provided which highlight common abnormalities that might be identified as well as their clinical significance Tables and charts are used throughout to allow the reader to more easily identify key points and make connections and comparisons Clinical Connection illustrations further highlight the link between historical information exam findings and common disorders Diagnoses at a Glance are provided in tables that emphasize the symptoms findings and pathology associated with common disorders within an organ system Each section has Telehealth Tips highlighting the ways in which this growing modality might be utilized to evaluate specific organ systems and symptoms There is also a chapter dedicated to Telehealth which provides core information that is broadly applicable to typical telehealth visits Checklists at the end of each chapter highlight the core

aspects of each organ system exam Detailed descriptions of how to function in clinical settings are provided including Oral Presentations and Documentation e g note writing in the Hos

Readers' Guide to Periodical Literature Anna Lorraine Guthrie,Bertha Tannehill,Neltje Marie Tannehill Shimer,1919 *Maxwell Quick Medical Reference* Robert W. Maxwell,2006

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