

## The History

### Chief Complaint

#### Present Illness

**Past Health:** general health, prior hospitalization and surgery, allergies, transfusions, immunizations, and prior screening tests, regular MD, last exam date

**Current Problems:** prescribed or OTC medications, diets, alternative therapy and health supplements

**Social History:** marital status, habits (cigarette, alcohol, drugs), education, occupational/exposures, birth place, travel history, current environment, support network, advance directives/proxy

#### Family History

#### Review of Systems

1. **Constitutional:** fever, energy level, appetite, usual weight, exercise habits and tolerance/fatigue

2. **HEENT:** headache, vision, diplopia, amaurosis, hearing, tinnitus, epistaxis, nasal congestion/dysfunction/discharge, history of sinusitis, dental problems

3. **Respiratory:** cough, sputum, pleurisy, dyspnea, hemoptysis, wheezing, hx of pneumonia, COPD, asthma, TB exposure, PPD

4. **Cardiac:** CAD risk factors (age/sex, HTN, DM, cigarette use, dyslipidemia, family history, obesity, postmenopausal status), chest pain (duration, location, radiation, associated symptoms), dyspnea, orthopnea/POD, palpitation, light-headedness/syncope, pedal edema, history of MI, rheumatic heart disease, murmurs

5. **Gastrointestinal:** dyspepsia, abdominal pain, jaundice, dysphagia, nausea/vomiting, diarrhea, hematemesis, change in bowel habit, melena, bright blood in stool, history of peptic ulcer disease, gallstone, hepatitis, liver disease

6. **Genitourinary:** dysuria, hematuria, polyuria, nocturia, urgency, incontinence, trouble maintaining stream, history of STD and UTI, birth control/safe sex, sexual activity and function

**OB/GYN Hx:** menstrual regularity, duration, date of LMP, dysmenorrhea, age of menarche/menopause, breast pain/lump/discharge, number of prior pregnancies or miscarriage/abortion, most recent Pap test/immunogram

7. **Neurologic:** vertigo, dizziness, tremors, syncope, incoordination, paresthesia, limb weakness, memory impairment, history of CVA or seizures

8. **Stressor/Rheumatologic:** joint/zone pain or swelling, history of gout, lumps, rheumatoid arthritis

9. **Endocrine:** polyuria, polyphagia, polydipsia, heat or cold intolerance, weight changes, prior glucose or cholesterol results

10. **Vascular Disease:** claudication, nonhealing ulcer

11. **Hematologic:** anemia, bleeding problems, ease of bruising, gum bleeding, petechiae, ecchymoses

12. **Dermatologic:** rashes, pruritus, abnormal pigmentation, photosensitivity, alopecia

13. **Emotional:** stress events, sadness, nervousness, crying, anxiety attacks, insomnia, arthralgia, anorexia, phobias, suicidal thoughts, hallucinations, prior tranquilizer or antidepressant use

## The Physical

1 **Vital Signs:** height/weight, temperature, pulse, respiration, blood pressure-nole position (check both arms on initial exam)

2 **General Appearance:** general age and health, nutritional and developmental state, mental status, level of comfort

3 **Skin:** scars, rashes, ulcers, petechiae, pigmented or raised lesions, xerosis

4 **Head/Skull:** deformity, evidence of trauma

**Eyes:** vision, ocular movements, visual fields, conjunctivae and sclerae, pupil size and reaction, equality, fundoscopic exam

**Ears:** hearing, air to bone conduction, tympanic membrane appearance and movement, external canal, discharge

**Nose:** septal deviation or perforation, obstruction, discharge, mucosal appearance, sinus tenderness

**Mouth:** dental status, tongue, gum, and mucosa

**Throat:** tonsils, pharynx, exudates, uvula position, gag reflex

5 **Neck:** mobility, tracheal position, masses, thyroid size, jugular venous pressure

6 **Lymph Nodes:** cervical, axillary, supraclavicular, inguinal

7 **Thorax/Lung:** palpation/inspection of respiratory motion, fremitus, wheeze/pectorhony, percussion note, auscultation for respiration type, note wheeze/ronchi/rales, egophony

8 **Breast:** asymmetry, masses, discharge

9 **Heart:** inspect/palpate for apical pulse, thrills, heaves, auscultate for heart sounds, murmurs (location, intensity, quality, radiation, changes with maneuvers)

10 **Pulses:** palpate and auscultate for bruits: carotid, aortic, femoral, brachial, radial, popliteal, dorsalis pedis, tibialis post.

11 **Spine:** mobility, curvature, spinal or costovertebral tenderness

12 **Abdomen:** appearance, scars, auscultate for bowel sound/brui, palpate for liver/spleen edge and masses, percuss to assess organ size, abdominal tenderness/peritoneal signs

13 **Extremities:** skin color, temperature, varicosity, clubbing, edema, joint appearance and function

14 **Neurological:** mental status, cranial nerves, cerebellar exam (rapid alternating movement, point to point test), gait, tandem walk, Romberg, pronator drift, muscle tone and strength, reflexes, Babinski test, sensory exam (assess vibratory, temperature, proprioception, light touch, pain, and stereognosis)

15 **Genitalia:** discharges, skin lesion, testicular masses, inguinal/external hernia

**Rectal exam:** speculum and bimanual exam

16 **Rectal:** appearance, sphincter tone, hemorrhoids, prostate size, masses, stool color and Hemoccult test

### Lab/EKG/Radiography

#### Formulation

#### Impression

#### Plan

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