

Contents

UNIT 1

Foundations of Health Assessment 1

1

Approach to the Clinical Encounter 1

FOUNDATIONAL SKILLS ESSENTIAL TO THE CLINICAL ENCOUNTER 1

APPROACH TO THE CLINICAL ENCOUNTER 2

STRUCTURE AND SEQUENCE OF THE CLINICAL ENCOUNTER 4

- Stage 1: Initiating the Encounter 5
- Stage 2: Gathering Information 12
- Stage 3: Performing the Physical Examination 15
- Stage 4: Explaining and Planning 15
- Stage 5: Closing the Encounter 17

DISPARITIES IN HEALTH CARE 17

- Social Determinants of Health 18
- Racism and Bias 19
- Cultural Humility 21

OTHER MAJOR CONSIDERATIONS 23

- Spirituality 23
- Medical Ethics 25
- Documenting the Clinical Encounter 30

REFERENCES 40

2

Interviewing, Communication, and Interpersonal Skills 43

FUNDAMENTALS OF SKILLED INTERVIEWING 44

- Active or Attentive Listening 44

- Guided Questioning 45
- Empathic Responses 47
- Summarization 48
- Transitions 48
- Partnering 48
- Validation 48
- Empowering the Patient 49
- Reassurance 49

APPROPRIATE VERBAL COMMUNICATION 50

- Use Understandable Language 50
- Use Nonstigmatizing Language 50

APPROPRIATE NONVERBAL COMMUNICATION 52

OTHER CONSIDERATIONS IN COMMUNICATION AND INTERPERSONAL SKILLS 53

- Broaching Sensitive Topics 53
- Informed Consent 53
- Working with a Medical Interpreter 54
- Advance Directives 56
- Disclosing Serious News 57
- Motivational Interviewing 58
- Interprofessional Communication 59

CHALLENGING PATIENT SITUATIONS AND BEHAVIORS 60

- Patient Who Is Silent 61
- Patient Who Is Talkative 61
- Patient with Confusing Narrative 62
- Patient with Altered State or Cognition 62
- Patient with Emotional Lability 63
- Patient Who Is Angry or Aggressive 63
- Patient Who Is Flirtatious 64
- Patient Who Is Discriminatory 64
- Patient with Hearing Loss 65
- Patient with Low or Impaired Vision 66
- Patient with Limited Intelligence 66
- Patient Burdened by Personal Problems 66
- Patient Who Is Nonadherent 67
- Patient with Low Literacy 67
- Patient with Low Health Literacy 67
- Patient with Limited Language Proficiency 67
- Patient with Terminal Illness or Who Is Dying 68

BEING PATIENT-CENTERED IN COMPUTERIZED CLINICAL SETTINGS 68

LEARNING COMMUNICATION SKILLS FROM STANDARDIZED PATIENTS 69

REFERENCES 74

CHAPTER 3**Health History 77****HEALTH HISTORY 77**

Different Kinds of Health Histories 78

Determining the Scope of Your Patient Assessment: Comprehensive or Focused? 78

Subjective versus Objective Data 79

COMPREHENSIVE ADULT HEALTH HISTORY 80

Initial Information 81

Chief Complaint 81

History of Present Illness 82

Past Medical History 88

Family History 90

Personal and Social History 90

Review of Systems 101

RECORDING YOUR FINDINGS 103**MODIFICATION OF THE CLINICAL INTERVIEW FOR VARIOUS CLINICAL SETTINGS 106**

Ambulatory Care Clinic 106

Emergency Care 106

Intensive Care Unit 107

Nursing Home 107

Home 108

REFERENCES 111**CHAPTER 4****Physical Examination 113****ROLE OF THE PHYSICAL EXAMINATION IN THE ERA OF TECHNOLOGY 113****DETERMINING SCOPE OF THE PHYSICAL EXAMINATION: COMPREHENSIVE OR FOCUSED? 114**

Comprehensive Adult Physical Examination 114

HEAD-TO-TOE PHYSICAL EXAMINATION 126

General Survey 126

Vital Signs 126

Skin 126

Head, Eyes, Ears, Nose, Throat 126

Neck 127

Back 127

Posterior Thorax and Lungs 127

Breasts and Axillae 127

Anterior Thorax and Lungs 127

Cardiovascular System 127

Abdomen 128

Lower Extremities 128

Nervous System 128

Additional Examinations 129

ADAPTING THE PHYSICAL EXAMINATION: SPECIFIC PATIENT CONDITIONS 129

Patient on Bedrest 130

Patient Using a Wheelchair 130

Patient Who Is Postprocedure 130

Patient Who Is Obese 131

Patient in Pain 131

Patient on Special Precautions 131

RECORDING YOUR FINDINGS 132**REFERENCES 134****CHAPTER 5****Clinical Reasoning, Assessment, and Plan 135****CLINICAL REASONING: PROCESS 136**

Basic Structure of the Clinical Reasoning Process 137

Clinical Diagnostic Errors 145

CLINICAL REASONING: DOCUMENTATION 146

Document the Problem Representation (Summary Statement) 146

Assessment and Plan 148

RECORDING YOUR FINDINGS 152**PROGRESS NOTE AND PATIENT PROBLEM LIST IN THE ELECTRONIC HEALTH RECORD 152**

Patient Problem List 153

ORAL PRESENTATION 154**REFERENCES 159****CHAPTER 6****Health Maintenance and Screening 160****CONCEPT OF PREVENTIVE CARE 160****GUIDELINE RECOMMENDATIONS 162**

U.S. Preventive Services Task Force Approach 162

Grading of Recommendations, Assessment, Development, and Evaluation 163

SCREENING 164

Basic Approach to Screening 164

BEHAVIORAL COUNSELING 166

Motivational Interviewing 168

IMMUNIZATIONS 168**SCREENING GUIDELINES FOR ADULTS 169**

Screening for Unhealthy Weight and Diabetes Mellitus 169

Screening for Substance Use Disorders, Including Misuse of Prescription and Illicit Drugs 170

Screening for IPV, Domestic Violence, Elder Abuse, and Abuse of Vulnerable Adults 171

COUNSELING GUIDELINES FOR ADULTS 172

Weight Loss 172

Healthful Diet and Physical Activity 174

SCREENING AND COUNSELING GUIDELINES FOR ADULTS 176

- Unhealthy Alcohol Use 176
- Tobacco Use 178
- Screening and Counseling for STIs 180

IMMUNIZATION GUIDELINES FOR ADULTS 183

- Influenza Vaccine 183
- Pneumococcal Vaccine 184
- Varicella Vaccine 186
- Herpes Zoster Vaccine 186
- Tetanus, Diphtheria, Pertussis Vaccine 186
- Human Papillomavirus Vaccine 187
- Hepatitis A Vaccine 187
- Hepatitis B Vaccine 188

PREVENTIVE CARE IN SPECIAL POPULATIONS 188**DISEASE-SPECIFIC RECOMMENDATIONS 188****REFERENCES 189****7****Evaluating Clinical Evidence 193****USING ELEMENTS OF THE HISTORY AND PHYSICAL EXAMINATION AS DIAGNOSTIC TESTS 194****EVALUATING DIAGNOSTIC TESTS 195****APPLYING CONCEPTS TO SCREENING TESTS 201**

- Rogan Nomogram 201
- Natural Frequencies 203
- Reproducibility 203

CRITICALLY APPRAISING THE CLINICAL EVIDENCE 205**COMMUNICATING CLINICAL EVIDENCE TO PATIENTS 208****REFERENCES 210****UNIT 2****Regional Examinations 211****8****General Survey, Vital Signs, and Pain 211****HEALTH HISTORY: GENERAL APPROACH 211**

- Fatigue and Weakness 212
- Fever, Chills, and Night Sweats 212
- Weight Change 212

PHYSICAL EXAMINATION: GENERAL APPROACH 214**TECHNIQUES OF EXAMINATION 214**

- General Survey 215
- Vital Signs 220
- Acute and Chronic Pain 232
- Types of Pain 233
- Assessing Acute and Chronic Pain 234

RECORDING YOUR FINDINGS 235**HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 236**

- Screening for Hypertension 236
- Blood Pressure and Dietary Sodium 237

REFERENCES 239**CHAPTER 9****Cognition, Behavior, and Mental Status 241****ANATOMY AND PHYSIOLOGY 241****HEALTH HISTORY: GENERAL APPROACH 244**

- Anxiety, Excessive Worrying 246
- Depressed Mood 247
- Memory Problems 249
- Patients with Medically Unexplained Symptoms 251

PHYSICAL EXAMINATION: GENERAL APPROACH 251**TECHNIQUES OF EXAMINATION 252**

- Appearance and Behavior 252
- Speech and Language 253
- Mood 255
- Thought 255
- Perceptions 258
- Cognitive Functions 259
- Higher Cognitive Functions 260

RECORDING YOUR FINDINGS 262**HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 262**

- Screening for Depression 263
- Assessing for Suicide Risk 263
- Screening for Neurocognitive Disorders 264
- Screening for Substance Use Disorders, Including Misuse of Alcohol and Prescription and Illicit Drugs 267

REFERENCES 278**CHAPTER 10****Skin, Hair, and Nails 282****ANATOMY AND PHYSIOLOGY 282**

- Skin 282
- Hair 283

Nails 283
 Pilosebaceous Glands and Sweat Glands 284

HEALTH HISTORY: GENERAL APPROACH 284

Lesions 285
 Rashes and Itching (Pruritus) 285
 Hair Loss and Nail Changes 285

DESCRIBING SKIN LESIONS 286

Primary Lesion 286
 Size 290
 Number 290
 Distribution 290
 Configuration 290
 Texture 290
 Color 290

PHYSICAL EXAMINATION: GENERAL APPROACH 291

Lighting, Equipment, and Dermoscopy 291
 Patient Gown 292
 Handwashing 292

TECHNIQUES OF EXAMINATION 292

Standard Technique: Patient Position—Seated Then Standing 293
 Alternative Technique: Patient Position—Supine Then Prone 295
 Integrated Skin Examinations 296

SPECIAL TECHNIQUES 296

Patient Instructions for the Skin Self-Examination 296
 Examining the Patient with Hair Loss 297
 Evaluating the Bedbound Patient 298

RECORDING YOUR FINDINGS 300

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 301

Epidemiology 301
 Skin Cancer Prevention 302
 Skin Cancer Screening 302
 Screening for Melanoma: The ABCDEs 303

REFERENCES 333

CHAPTER 11

Head and Neck 335

ANATOMY AND PHYSIOLOGY 335

Head 335
 Neck 337

HEALTH HISTORY: GENERAL APPROACH 341

Neck Mass or Lump 342
 Thyroid Mass, Nodule, or Goiter 342

PHYSICAL EXAMINATION: GENERAL APPROACH 342

TECHNIQUES OF EXAMINATION 343

Hair 343
 Scalp 343
 Skull 343
 Face 343

Skin 343
 Cervical Lymph Nodes 343
 Trachea 345
 Thyroid Gland 346
 Carotid Arteries and Jugular Veins 348

RECORDING YOUR FINDINGS 348

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 349

Screening for Thyroid Dysfunction 349
 Screening for Thyroid Cancer 349

REFERENCES 354

CHAPTER 12

Eyes 355

ANATOMY AND PHYSIOLOGY 355

Visual Fields 358
 Visual Pathways 358
 Autonomic Nerve Supply to the Eyes 360
 Extraocular Movements 360

HEALTH HISTORY: GENERAL APPROACH 361

Vision Changes 362
 Eye Pain, Redness, or Tearing 363
 Double Vision 364

PHYSICAL EXAMINATION: GENERAL APPROACH 364

TECHNIQUES OF EXAMINATION 365

Visual Acuity 365
 Visual Fields 366
 Color Vision 367
 Contrast Sensitivity 368
 Eye Position and Alignment 368
 Eyebrows 368
 Eyelids 368
 Lacrimal Apparatus 369
 Conjunctiva and Sclera 369
 Cornea and Lens 369
 Iris 370
 Pupils 370
 Extraocular Muscles 371
 Ophthalmoscopic (Fundus) Examination 373

SPECIAL TECHNIQUES 377

Eye Protrusion (Proptosis or Exophthalmos) 377
 Nasolacrimal Duct Obstruction 378
 Everting Upper Eyelid to Search for Foreign Body 378
 Swinging Flashlight Test 379

RECORDING YOUR FINDINGS 379

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 380

Visual Impairment 380
 Screening for Glaucoma 381

UV-Related Eye Injuries 381

REFERENCES 395

CHAPTER 13

Ears and Nose 396

ANATOMY AND PHYSIOLOGY 396

Ear 396

Nose and Paranasal Sinuses 399

HEALTH HISTORY: GENERAL APPROACH 400

Hearing Loss 400

Earache and Ear Discharge 401

Tinnitus 401

Dizziness and Vertigo 401

Rhinorrhea and Nasal Congestion 402

Epistaxis 403

PHYSICAL EXAMINATION: GENERAL APPROACH 403

TECHNIQUES OF EXAMINATION 404

Auricle 404

Ear Canal and Tympanic Membrane 404

Testing Auditory Acuity or Gross Hearing 406

Testing for Conductive versus Sensorineural Hearing Loss: Tuning Fork Tests 407

Surface of the Nose 409

Nasal Cavity and Mucosa 409

Nasal Septum 410

Paranasal Sinuses 410

RECORDING YOUR FINDINGS 411

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 411

SCREENING FOR HEARING LOSS 412

REFERENCES 418

CHAPTER 14

Throat and Oral Cavity 419

ANATOMY AND PHYSIOLOGY 419

Mouth, Gingiva, and Teeth 419

Tongue 420

Pharynx 421

HEALTH HISTORY: GENERAL APPROACH 422

Sore Throat 422

Bleeding or Swollen Gums 422

Hoarseness 423

Malodorous Breath 423

PHYSICAL EXAMINATION: GENERAL APPROACH 423

TECHNIQUES OF EXAMINATION 424

Lips and Oral Mucosa 424

Gums and Teeth 425

Roof and Floor of the Mouth and the Tongue 425

Pharynx 426

RECORDING YOUR FINDINGS 427

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 428

Oral Health 428

Oral and Pharyngeal Cancer 428

REFERENCES 440

CHAPTER 15

Thorax and Lungs 441

ANATOMY AND PHYSIOLOGY 441

Locating Findings on the Chest 441

Breathing 448

HEALTH HISTORY: GENERAL APPROACH 449

Shortness of Breath (Dyspnea) and Wheezing 450

Cough 450

Hemoptysis 451

Chest Pain 451

Daytime Sleepiness, Snoring and Disordered Sleep 453

PHYSICAL EXAMINATION: GENERAL APPROACH 453

TECHNIQUES OF EXAMINATION 454

Initial Survey of Respiration and the Thorax 454

Posterior Chest 455

Anterior Chest 464

SPECIAL TECHNIQUES 466

Clinical Assessment of Pulmonary Function 466

Forced Expiratory Time 466

Identification of a Fractured Rib 466

RECORDING YOUR FINDINGS 467

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 467

Lung Cancer 467

Latent Tuberculosis 468

Obstructive Sleep Apnea 469

REFERENCES 487

CHAPTER 16

Cardiovascular System 489

ANATOMY AND PHYSIOLOGY 489

Surface Projections of the Heart and Great Vessels 489

Cardiac Chambers, Valves, and Circulation 492

Events in the Cardiac Cycle 492

Splitting of Heart Sounds 495

- Heart Murmurs 496
- Relation of Auscultatory Findings to the Chest Wall 497
- Conduction System 497
- The Heart as a Pump 498
- Arterial Pulses and Blood Pressure 498
- Jugular Venous Pressure and Pulsations 499
- Changes Over the Life Span 500

HEALTH HISTORY: GENERAL APPROACH 501

- Chest Pain 502
- Palpitations 503
- Shortness of Breath 504
- Swelling (Edema) 504
- Fainting (Syncope) 505

PHYSICAL EXAMINATION: GENERAL APPROACH 505

TECHNIQUES OF EXAMINATION 506

- Blood Pressure and Heart Rate 506
- Jugular Venous Pressure 507
- Carotid Arteries 510
- Heart 513

SPECIAL TECHNIQUES: BEDSIDE MANEUVERS TO IDENTIFY MURMURS AND HEART FAILURE 528

- Standing and Squatting 528
- Valsalva Maneuver 528
- Isometric Handgrip 529
- Transient Arterial Occlusion 529

RECORDING YOUR FINDINGS 529

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 530

- Challenges of Cardiovascular Disease Prevention 531
- Health Disparities in Cardiovascular Disease 533
- Screening for Cardiovascular Risk Factors 534
- Promoting Lifestyle Change and Risk Factor Modification 538

REFERENCES 557

CHAPTER 17

Peripheral Vascular System 561

ANATOMY AND PHYSIOLOGY 561

- Arterial System 561
- Venous System 564
- Lymphatic System 565
- Transcapillary Fluid Exchange 567

HEALTH HISTORY: GENERAL APPROACH 567

- Peripheral Arterial Disease 568
- Peripheral Venous Disease (or Venous Thromboembolism) 570

PHYSICAL EXAMINATION: GENERAL APPROACH 570

TECHNIQUES OF EXAMINATION 571

- Arms 571
- Abdomen 573
- Legs 574

SPECIAL TECHNIQUES 578

- Assessing for Peripheral Arterial Disease 578
- Evaluating Arterial Perfusion of the Hand 580

RECORDING YOUR FINDINGS 581

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 581

- Screening for Lower Extremity Peripheral Artery Disease 582
- Screening for Abdominal Aortic Aneurysm 582

REFERENCES 590

CHAPTER 18

Breasts and Axillae 592

ANATOMY AND PHYSIOLOGY 592

- Female Breast 592
- Axilla 594
- Male Breast 595

HEALTH HISTORY: GENERAL APPROACH 596

- Breast Lump or Mass 596
- Breast Discomfort or Pain 596
- Nipple Discharge 596

PHYSICAL EXAMINATION: GENERAL APPROACH 597

TECHNIQUES OF EXAMINATION 597

- Female Breast 598
- Axillae 603
- Male Breast 604

SPECIAL TECHNIQUES 604

- Examination after Mastectomy or Breast Reconstruction 604

RECORDING YOUR FINDINGS 605

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 605

- Breast Cancer in Women 605

MALE BREAST CANCER 609

REFERENCES 612

CHAPTER 19

Abdomen 613

ANATOMY AND PHYSIOLOGY 613

- Abdominal Cavity and Contents 614
- Pelvic Cavity and Contents 616

HEALTH HISTORY: GENERAL APPROACH 617

- Abdominal Pain 618
- Abdominal Pain and Associated Gastrointestinal Symptoms 624
- Difficulty Swallowing (Dysphagia) and/or Painful Swallowing (Odynophagia) 625
- Change in Bowel Function 626
- Diarrhea 626

Constipation 627
 Jaundice 628
 Urinary Symptoms 629
 Flank Pain and Ureteral Colic 631

PHYSICAL EXAMINATION: GENERAL APPROACH 632

TECHNIQUES OF EXAMINATION 633

Abdomen 634
 Liver 638
 Spleen 641
 Kidneys 644
 Urinary Bladder 645
 Aorta 645

SPECIAL TECHNIQUES 646

Assessing Possible Ascites 646
 Assessing Possible Appendicitis 647
 Assessing Possible Acute Cholecystitis 648
 Assessing Ventral Hernias 648
 Abdominal Wall Mass 649

RECORDING YOUR FINDINGS 649

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 649

Hepatitis 649
 Colorectal Cancer 652

REFERENCES 674

CHAPTER 20

Male Genitalia 677

ANATOMY AND PHYSIOLOGY 677

Genitalia 677
 Groin 678
 Lymphatics 679
 Male Sexual Development and Function 679

HEALTH HISTORY: GENERAL APPROACH 680

Penile Discharge or Lesions and Scrotal or Testicular Pain, Swelling, or Lesions 680
 Sexually Transmitted Infections 681

PHYSICAL EXAMINATION: GENERAL APPROACH 682

TECHNIQUES OF EXAMINATION 682

Penis 682
 Scrotum and Scrotal Contents 684

SPECIAL TECHNIQUES 685

Evaluating Groin Hernias 685
 Testicular Self-Examination 688

RECORDING YOUR FINDINGS 689

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 689

Testicular Cancer 689

REFERENCES 696

CHAPTER 21

Female Genitalia 697

ANATOMY AND PHYSIOLOGY 697

Vulva 697
 Vagina 698
 Uterus 699
 Adnexa 699
 Pelvic Floor 700
 Lymphatics 701

HEALTH HISTORY: GENERAL APPROACH 701

Menarche and Menses 702
 Abnormal Bleeding 703
 Menopause 704
 Pelvic Pain—Acute and Chronic 704
 Vulvovaginal Symptoms 705

PHYSICAL EXAMINATION: GENERAL APPROACH 705

Positioning 706
 Examining Equipment 707

TECHNIQUES OF EXAMINATION 708

External Examination 708
 Internal Examination 709
 Hernias 715

SPECIAL TECHNIQUES 715

Assessing Urethritis 715

RECORDING YOUR FINDINGS 715

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 716

Cervical Cancer 716
 Menopause and Hormone Replacement Therapy 718
 Ovarian Cancer 718

REFERENCES 727

CHAPTER 22

Anus, Rectum, and Prostate 728

ANATOMY AND PHYSIOLOGY 728

HEALTH HISTORY: GENERAL APPROACH 730

Change in Bowel Habits 731
 Pain on Defecation 731
 Anal Warts and Fissures 731
 Weak Urinary Stream 731

PHYSICAL EXAMINATION: GENERAL APPROACH 732

TECHNIQUES OF EXAMINATION 732

Patient with a Prostate 733
 Patient without a Prostate (Woman or Man with Prostatectomy) 736

RECORDING YOUR FINDINGS 736

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 737

Prostate Cancer 737

REFERENCES 744**CHAPTER 23****Musculoskeletal System 745****ANATOMY AND PHYSIOLOGY 745**

Joints 745

Bursae 748

Articular and Extraarticular Joint Structures 748

HEALTH HISTORY: GENERAL APPROACH 748

Joint Pain 749

Neck Pain 752

Low Back Pain 752

PHYSICAL EXAMINATION: GENERAL APPROACH 754

Inspection 755

Palpation 755

Range of Motion 756

Special Maneuvers 756

Other Examination Techniques 756

REGIONAL JOINT EXAMINATIONS 756

Temporomandibular Joint 757

Shoulder Joint 759

Elbow Joint 771

Wrist and Hand Joints 773

Vertebral Spine 783

Hip Joint 791

Knee Joint 800

Special Techniques: Tests for Knee Joint Effusions 809

Ankle Joint and Foot 811

SPECIAL TECHNIQUES 816

Measuring Leg Length 816

Describing Limited Joint Motion 816

RECORDING YOUR FINDINGS 817**HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 818**

Low Back Pain 818

Osteoporosis 819

Preventing Falls 823

REFERENCES 838**CHAPTER 24****Nervous System 841****ANATOMY AND PHYSIOLOGY 841**

Central Nervous System 841

Peripheral Nervous System 844

Motor Pathways 847

Sensory Pathways 849

Spinal Reflexes: Muscle Stretch Response 850

HEALTH HISTORY: GENERAL APPROACH 851

Headache 852

Dizziness or Lightheadedness 855

Weakness 855

Numbness or Abnormal or Absent Sensation 856

Fainting and Blacking Out (Near-Syncope and Syncope) 857

Seizures 857

Tremors or Involuntary Movements 858

PHYSICAL EXAMINATION: GENERAL APPROACH 859**TECHNIQUES OF EXAMINATION 860**

Cranial Nerves 862

Motor System 867

Sensory System 880

Muscle Stretch Reflexes 885

Cutaneous or Superficial Stimulation Reflexes 891

SPECIAL TECHNIQUES 892

Meningeal Signs 892

Lumbosacral Radiculopathy: Straight-Leg Raise 894

Asterix (Flapping Tremor) 895

Assessing the Comatose Patient 895

RECORDING YOUR FINDINGS 902**HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 903**

Preventing Cerebrovascular Disease 903

Screening for Asymptomatic Carotid Artery Stenosis 905

Screening for Diabetic Peripheral Neuropathy 906

REFERENCES 932**UNIT 3****Special Populations 935****CHAPTER 25****Children: Infancy through Adolescence 935****GENERAL PRINCIPLES OF CHILD DEVELOPMENT 936****SURVEILLANCE OF DEVELOPMENT 937**

Physical Development 937

Cognitive Development 938

Language Development 938

Social and Emotional Development 938

Developmental Quotient 938

KEY COMPONENTS OF HEALTH PROMOTION 939**NEWBORNS AND INFANTS 942**

HEALTH HISTORY: GENERAL APPROACH 942**SURVEILLANCE OF DEVELOPMENT 943**

- Physical Development 943
- Cognitive and Language Development 945
- Social and Emotional Development 945

PHYSICAL EXAMINATION: GENERAL APPROACH 945

- Newborns 945
- Infants 947

TECHNIQUES OF EXAMINATION: INFANTS 948

- Assessment at Birth 948

RECORDING YOUR FINDINGS 993**HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 994****PRESCHOOL AND SCHOOL-AGED CHILDREN—HEALTH HISTORY: GENERAL APPROACH 995**

- Establishing Rapport 995
- Working with Families 996
- Multiple Agendas 996
- Family as a Resource 997
- Hidden Agendas 997

SURVEILLANCE OF DEVELOPMENT: EARLY CHILDHOOD: 1 TO 4 YEARS 997

- Physical Development 997
- Cognitive and Language Development 998

SURVEILLANCE OF DEVELOPMENT: MIDDLE CHILDHOOD, 5 TO 10 YEARS 1000

- Physical Development 1000
- Cognitive and Language Development 1000
- Social and Emotional Development 1001

PHYSICAL EXAMINATION: GENERAL APPROACH 1001

- Assessing Younger Children 1001
- Assessing Older Children 1003

TECHNIQUES OF EXAMINATION 1003

- Somatic Growth 1004
- Vital Signs 1006
- Skin 1008
- Head 1008
- Eyes 1008
- Ears 1010
- Nose and Sinuses 1014
- Mouth and Pharynx 1015
- Thorax and Lungs 1019
- Heart 1021
- Abdomen 1023
- Female Genitalia 1025
- Rectum and Anus 1029
- Musculoskeletal System 1030
- Nervous System 1032

RECORDING YOUR FINDINGS 1034**HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 1038**

- Children 1 to 4 Years 1038
- Children 5 to 10 Years 1039

ADOLESCENTS: HEALTH HISTORY 1041

- HEEADSSS Assessment 1042

SURVEILLANCE OF DEVELOPMENT: 11 TO 20 YEARS 1043

- Physical Development 1043
- Cognitive Development 1044
- Social and Emotional Development 1044
- Gender and Sexual Identity Formation among Adolescents 1045

PHYSICAL EXAMINATION: GENERAL APPROACH 1046**TECHNIQUES OF EXAMINATION 1047**

- Somatic Growth: Height and Weight 1047
- Vital Signs 1047
- Skin 1047
- Head, Eyes, Ears, Nose, Mouth, and Neck 1047
- Thorax and Lungs 1048
- Breasts 1048
- Heart 1049
- Abdomen 1050
- Male Genitalia 1050
- Female Genitalia 1053
- Rectum and Anus 1055
- Musculoskeletal System 1055
- Nervous System 1059

RECORDING YOUR FINDINGS 1060**HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 1060****REFERENCES 1080****CHAPTER 26****Pregnant Woman 1083****ANATOMY AND PHYSIOLOGY 1083**

- Physiologic Hormonal Changes 1083
- Anatomic Changes 1084

HEALTH HISTORY: GENERAL APPROACH 1087

- Initial Prenatal History 1088
- Subsequent Prenatal Visits 1092

PHYSICAL EXAMINATION: GENERAL APPROACH 1093**TECHNIQUES OF EXAMINATION 1093**

- Positioning 1094
- Examining Equipment 1095
- General Inspection 1095
- Height, Weight, and Vital Signs 1095
- Head and Neck 1096
- Thorax and Lungs 1097
- Heart 1097

Breasts 1097
 Abdomen 1098
 Genitalia 1099
 Anus, Rectum, and Rectovaginal Septum 1101
 Extremities 1102

SPECIAL TECHNIQUES 1102

Leopold Maneuvers 1102

RECORDING YOUR FINDINGS 1105

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 1105

Nutrition 1106
 Weight Gain 1107
 Exercise and Physical Activity 1107
 Substance Use including Tobacco,
 Alcohol, and Illicit Drugs 1108
 Intimate Partner Violence Screening 1108
 Screening for Perinatal Depression 1110
 Immunizations 1110
 Prenatal Laboratory Screenings 1111
 Genetic Testing and Aneuploidy Screening 1114
 Prenatal Supplementation 1114
 Unintended Pregnancy 1115

REFERENCES 1120

CHAPTER 27

Older Adult 1123

ANATOMY AND PHYSIOLOGY 1124

Vital Signs 1124
 Skin, Nails, and Hair 1125
 Eyes 1126
 Ears 1127
 Nose, Mouth, Teeth, and Lymph Nodes 1127
 Thorax and Lungs 1127
 Cardiovascular System 1127
 Peripheral Vascular System 1128
 Breasts and Axillae 1129
 Abdomen 1129
 Male and Female Genitourinary System; Prostate 1129
 Musculoskeletal System 1130
 Nervous System 1131

HEALTH HISTORY: GENERAL APPROACH 1132

Communicating Effectively with Older Adults 1132
 Shaping the Content and Pace of the Visit 1133

Eliciting Symptoms from the Older Adult 1134
 Addressing Cultural Dimensions of Aging 1135
 Functional Impairments in Activities of Daily Living and Instrumental
 Activities of Daily Living 1137
 Medication Management 1137
 Smoking 1138
 Alcohol 1138
 Nutrition 1139

SPECIAL TOPICS IN OLDER ADULT CARE 1139

Frailty 1139
 Advance Directives and Palliative Care 1140

PHYSICAL EXAMINATION: GENERAL APPROACH 1141

TECHNIQUES OF EXAMINATION 1141

Assessing Functional Status 1141
 General Survey 1143
 Vital Signs 1143
 Skin, Hair, and Nails 1144
 Eyes 1145
 Ears 1147
 Mouth and Teeth 1147
 Neck 1147
 Thorax and Lungs 1148
 Cardiovascular System 1148
 Breasts and Axillae 1148
 Peripheral Vascular System 1149
 Abdomen 1149
 Female Genitalia and Pelvic Examination 1149
 Male Genitalia and Prostate 1150
 Musculoskeletal System 1151
 Nervous System 1151

RECORDING YOUR FINDINGS 1152

HEALTH PROMOTION AND COUNSELING: EVIDENCE AND RECOMMENDATIONS 1154

When to Screen 1154
 Screening for Visual and Hearing Impairments 1155
 Exercise and Physical Activity 1156
 Household Safety and Fall Prevention 1156
 Immunizations 1157
 Cancer Screening 1158
 Detecting the "3 Ds": Delirium,
 Dementia, and Depression 1160
 Elder Mistreatment and Abuse 1162

REFERENCES 1168

Index 1173