

GENERAL MULTISYSTEM EXAMINATION

Constitutional

- Measurement of any three of the following seven vital signs: 1) sitting or standing blood pressure, 2) supine blood pressure, 3) pulse rate and regularity, 4) respiration, 5) temperature, 6) height or 7) weight (may be measured and recorded by ancillary staff)
- General appearance of patient (e.g., development, nutrition, body habitus, deformities, attention to grooming)

Eyes

- Inspection of conjunctivae and lids
- Examination of pupils and irises (e.g., reaction to light and accommodation, size, symmetry)
- Ophthalmoscopic examination of optic discs (e.g., size, C/D ratio, appearance) and posterior segments (e.g., vessel changes, exudates, hemorrhages)

Ears, Nose, Mouth and Throat

- External inspection of ears and nose (e.g., overall appearance, scars, lesions, masses)
- Otoscopic examination of external auditory canals and tympanic membranes
- Assessment of hearing (e.g., whispered voice, finger rub, tuning fork)
- Inspection of nasal mucosa, septum and turbinates
- Inspection of lips, teeth and gums
- Examination of oropharynx: oral mucosa, salivary glands, hard and soft palates, tongue, tonsils and posterior pharynx

Neck

- Examination of neck (e.g., masses, overall appearance, symmetry, tracheal position, crepitus)
- Examination of thyroid (e.g., enlargement, tenderness, mass)

Respiratory

- Assessment of respiratory effort (e.g., intercostal retractions, use of accessory muscles, diaphragmatic movement)
- Percussion of chest (e.g., dullness, flatness, hyperresonance)
- Palpation of chest (e.g., tactile fremitus)
- Auscultation of lungs (e.g., breath sounds, adventitious sounds, rubs)

Cardiovascular

- Palpation of heart (e.g., location, size, thrills)

- Auscultation of heart with notation of abnormal sounds and murmurs

Examination of:

- carotid arteries (e.g., pulse amplitude, bruits)
- abdominal aorta (e.g., size, bruits)
- femoral arteries (e.g., pulse amplitude, bruits)
- pedal pulses (e.g., pulse amplitude)
- extremities for edema and/or varicosities

Chest (Breasts)

- Inspection of breasts (e.g., symmetry, nipple discharge)
- Palpation of breasts and axillae (e.g., masses or lumps, tenderness)

Gastrointestinal (Abdomen)

- Examination of abdomen with notation of presence of masses or tenderness
- Examination of liver and spleen
- Examination for presence or absence of hernia
- Examination of anus, perineum and rectum, including sphincter tone, presence of hemorrhoids and rectal masses
- Obtain stool sample for occult blood test when indicated

Genitourinary

Male:

- Examination of scrotal contents (e.g., hydrocele, spermatocele, tenderness of cord, testicular mass)
- Examination of penis
- Digital rectal examination of prostate gland (e.g., size, symmetry, nodularity, tenderness)

Female:

Pelvic examination (with or without specimen collection for smears and cultures), including:

- Examination of external genitalia (e.g., general appearance, hair distribution, lesions) and vagina (e.g., general appearance, estrogen effect, discharge, lesions, pelvic support, cystocele, rectocele)
- Examination of urethra (e.g., masses, tenderness, scarring)
- Examination of bladder (e.g., fullness, masses, tenderness)
- Cervix (e.g., general appearance, lesions, discharge)
- Uterus (e.g., size, contour, position, mobility, tenderness, consistency, descent or support)
- Adnexa/parametria (e.g., masses, tenderness, organomegaly, nodularity)

Lymphatic

Palpation of lymph nodes in two or more areas:

- Neck
- Axillae
- Groin
- Other

Musculoskeletal

- Examination of gait and station
 - Inspection and/or palpation of digits and nails (e.g., clubbing, cyanosis, inflammatory conditions, petechiae, ischemia, infections, nodes)
- Examination of joint(s), bone(s) and muscle(s) of one or more of the following six areas: 1) head and neck; 2) spine, ribs and pelvis; 3) right upper extremity; 4) left upper extremity; 5) right lower extremity; and 6) left lower extremity. The examination of a given area includes:
- Inspection and/or palpation with notation of presence of any misalignment, asymmetry, crepitation, defects, tenderness, masses or effusions
 - Assessment of range of motion with notation of any pain, crepitation or contracture
 - Assessment of stability with notation of any dislocation (luxation), subluxation or laxity
 - Assessment of muscle strength and tone (e.g., flaccid, cog wheel, spastic) with notation of any atrophy or abnormal movements

Skin

- Inspection of skin and subcutaneous tissue (e.g., rashes, lesions, ulcers)
- Palpation of skin and subcutaneous tissue (e.g., induration, subcutaneous nodules, tightening)

Neurologic

- Test cranial nerves with notation of any deficits
- Examination of deep tendon reflexes with notation of pathological reflexes (e.g., Babinski)
- Examination of sensation (e.g., by touch, pin, vibration, proprioception)

Psychiatric

- Description of patient's judgment and insight

Brief assessment of mental status, including:

- orientation to time, place and person
- recent and remote memory
- mood and affect (e.g., depression, anxiety, agitation)