

CC: Diabetes**Q's (beyond OPQRST):**

- Polydipsia? Polyphagia? Polyuria?
- Weight changes?
- Dizziness? Lightheadedness? Fatigue? HA?
- Time for healing injections
- Neuropathy? Numbness & Tingling? Burning?
- Vision Changes? Last eye exam?
- Diet? Exercise?
- What meds? Doses? Changes? Compliance?
- Avg, High, Low Fasting Sugars?
- Last HbA1C? When?
- Lipid panel: LDL, HDL, TG, Total Cholesterol
- Age at Dx? Presentation? Family History?
- Major Medical Dx? HTN?

PE (beyond Vitals):

- Eye Exam
- CV and Lung Exams
- Peripheral Edema
- Foot Exam Bilaterally:
- Inspect for dryness, wounds/ulcers, color
- Palpate Pulses
- Monofilament exam (optional)
- Proprioception exam on big toes

Controlled Diabetes Lab Values:

- *Fasting Blood Glucose:* below 125 mg/dL
- *HbA1C:* around 6.5%

CC: Hearing Changes, Pain (Ears)**Q's (beyond OPQRST):**

- Foreign body? Discharge?
- Do you use hearing aids?
- Tinnitus (ringing)?
- Dysarthria (speech problems)?
- Pressure? Headache? Vertigo? Balance?
- Lesions or skin deformities?
- History of ear infections? Ear surgery? T-Tubes?

PE (beyond Vitals):

- Inspect external ear (pull pinna back)
- Examine each ear with otoscope
- Test auditory acuity (CN VIII)
- Weber test: at vertex (which side is loudest)
- Rinne test: over mastoid (tell me when you can no longer hear)

Reporting an Unremarkable Exam:

- Auricles in alignment
- Canals clear of cerumen (wax) bilaterally
- Tympanic membrane visible (pearly grey); landmarks identified.
- Non-erythematous
- Conversational hearing appropriate

Going the Extra Mile:

- Palpate auricular lymph nodes and mastoid
- Report environmental hazards (loud noise)

CC: Abdominal Pain**Q's (beyond OPQRST):**

- Could this be related to something you ate?
- Are you experiencing Nausea/Vomiting/Diarrhea?
- Recent travel?
- Have you noticed a change in your bowel movements? Regular? How often?
- How much alcohol do you drink?
- Have you had any recent dietary changes?
- Have you experienced pain like this before?
- Is pain so severe stepping off a curb can cause it?

PE (beyond Vitals):

- Visually inspect the abdomen
- Auscultate each of the four quadrants
- Palpate each of the four quadrants at three levels of depth
- Palpate the spleen
- Percuss the liver span; palpate the liver

Reporting an Unremarkable Exam:

- Non tender/non distended (NT/ND)
- Bowel sounds normal (NI BS)
- No hepatosplenomegaly (Ø HSM)
- No masses

Going the Extra Mile:

- Report a positive/negative Murphy's sign (may indicate Cholecystitis)
- Psoas test (Flex Psoas to irritate appendix)
- If LLQ pain, consider Diverticulitis
- If RLQ pain, consider Appendicitis

CC: Hypertension

Q's (beyond OPQRST):

- Do doctor's offices make you feel anxious?
- Have you ever been diagnosed with high cholesterol?
- Do you have diabetes?
- Do you smoke? → How much? → How often?
- Are you a coffee drinker? → Did you drink coffee prior to your visit today?
- How much alcohol do you drink?
- Does anyone in your family have a history of heart disease or stroke?
- Are you bothered by bright lights, headaches, dizziness, shortness of breath, or chest pains?

PE (beyond Vitals):

- Wrap cuff snugly around patient's upper arm ("artery" marker over brachial artery)
- Arm should be slightly flexed, *relaxed*, and held at heart level
- Measure blood pressure (BP) in each arm

Reporting an Unremarkable Exam:

- BP measured on each arm is normal

Classification of Blood Pressure:

- Optimal: <120 / <80
- Prehypertension: 120-139/ 80-89
- Hypertension: >140 / >90

Going the Extra Mile:

- Measure jugular venous pressure (JVP) to determine if patient has fluid overload (expected: <9 cm H₂O)
- Check shins for edema

CC: Chest Pain

Q's (beyond OPQRST):

- Cough? Productive? Blood in sputum?
- Sore throat? Hoarseness?
- Related to food? Worse lying down? Burping?
- Peripheral edema? Weight gain?
- Shortness of Breath? Dizziness?
- Feeling of pressure in chest?
- History of asthma? COPD?
- Hypertension? Heart disease? Diabetes?
- Injury? Trauma?
- Smoking?
- Recent change in medications?
- Family history of CV disease or episode (stroke, MI)?

PE (beyond Vitals):

- *Heart*: examine JVP; inspect, auscultate APTM
- *Lungs*: Inspect, percuss, auscultate lung fields
- *Pulses*: auscultate carotid; palpate Carotid, Brachial, Radial, Femoral, Popliteal, Dorsalis Pedis, Posterior tibial
- *Periphery*: inspect ankles for edema

Reporting an Unremarkable Exam:

- *Heart*: normal rate, rhythm
- *Lungs*: no Rales, Rhonchi, or Wheezes
- *Pulses*: palpable pulses

CC: Skin Lesion/Rash

Q's (beyond OPQRST):

- Rash? Itchiness? Discharge? Pain?
- Bruises? Location? Bruise easily?
- Fever?
- Drug or other Allergies?
- Recent travel
- New soaps or lotions? Clothes?
- Any urinary symptoms?
- Recent travel?
- Change in medications?
- History of similar symptoms?

PE (beyond Vitals):

- Auscultate heart
- Inspect Lesion (color, location, symmetry, erythema, discharge, blanching)

Reporting an Unremarkable Exam:

- No lesions or erythema present

Going the Extra Mile:

- Describe Rash:
 - **Macular**: flat, discolored spot or lesion
 - **Papular**: raised lesion *without* pus
 - **Vesicular**: raised lesion with clear fluid (i.e. Poison Oak)
 - **Pustular**: raised lesion with pus (i.e. Acne)

CC: Headache**Before entering room:**

- Enter room quietly and offer to turn down the lights (if not already off)

Q's (beyond OPQRST):

- History of headaches or migraines?
- Family history of headaches or migraines?
- How much caffeine? (Coffee, tea, chocolate, energy drinks)
- Auras with the headache?
- Visual disturbances (double vision, blurred vision, flashing light, blind spots, etc.)
- Nausea? Vomiting? Diarrhea?
- Changes in medications?
- Any accidents or trauma? Specific to head?
- Emotional changes or food cravings before or since onset of headaches?
- Recent ear infection? Pain in either ear? Trouble with ringing in ears? Hearing loss?
- Please describe stress level. Related to symptoms?

PE (beyond Vitals):

- Auscultate heart
- Inspect locale if trauma
- Press on temporal region
- Press on sinuses
- Check muscle tension in head and neck

CC: Women's Health**Q's (beyond OPQRST):**

- Date of your last pelvic exam/pap smear? Abnormal pap smears?
- Date of Last Menstrual Period? Age Menstruation Began?
- Describe periods: Duration? How heavy?
- Vaginal discharge? Describe.
- Sexual active? No. of partners?
- Pain with urination? Blood in urine?
- Constipation? Diarrhea? Blood in stool? Gas?
- Hot flashes? Vaginal dryness?
- Taking (or ever been on) hormone replacement therapy (HRT)?
- Hysterectomy? Still have ovaries or cervix?
- Pregnant? How do you know?
- Number of pregnancies? Deliveries? Miscarriages? Abortions?
- History of Breast cancer? Family history? Last mammogram? Any concerns?

PE (beyond Vitals):

- Auscultate mother's heart
- Ultrasound: baby's heart rate
- Measure Uterus Size
- Breast exam
- Pelvic exam

Going the Extra Mile:

- If post-menopausal: Bone density scan?
- Take multivitamins? Vitamin D? Calcium?
- Last blood work?
- **TPAL: Total Pregnancies, #Preterm, #Abortions, #Living children**

CC: Endocrine/Thyroid**Q's (beyond OPQRST):**

- Low/high energy level? (Thyroid disorder)
- Sensitive to changes in Temp? Hot flashes?
- Night sweats? Chills?
- Polydipsia? Polyuria? Nocturia?
- Insomnia? Depression? Libido?
- Menopausal? Vaginal dryness? Vaginal itching? Hysterectomy?
- Alcohol intake? Caffeine intake?
- Changes in medications?
- History of similar symptoms?

PE (BEYOND VITALS):

- Auscultate heart
- Inspect skin
- Inspect/Palpate Thyroid

Going the Extra Mile:

- Last TSH level?

CC: Head/Sinus/Mouth

Q's (beyond OPQRST):

- HA/Blurry vision/photophobia/small dots?
- Fever/Nausea/Vomiting/Dizziness
- Difficulty sleeping/snoring/sinus pressure
- Neck pain/enlarged nodes
- Epistaxis/Bleeding gums/Hemoptysis
- Have you experienced pain like this before?

PE (beyond Vitals):

- Inspect lips, gums, teeth, tongue, tonsils, oropharynx (tongue blade)
- Inspiration from nostrils (one-at-a-time)
- Inspection/palpation, percussion of sinuses (Frontal, Maxillary)
- *Cranial Nerves:* Clench teeth(5)/smile, frown(7)/open mouth, say Ahh, look at uvula (9,10)/shoulder shrug, head turn against resistance(11)/wiggle tongue(12)
- *Palpate nodes:* Pre/post auricular, occipital, tonsillar, submax., submental, ant and supra clavicular

Reporting an Unremarkable Exam:

- Oropharynx non-erythematous
- No lymphadenopathy/ no sinus TTP
- CN intact

Going the Extra Mile:

- TMJ, place fingers in front of tragus, ask pt to open mouth, ☺; ↓ROM, Tender, Swollen

CC: Vision Changes, Pain (Eyes)

Q's (beyond OPQRST):

- Foreign body? Discharge?
- Do you use corrective lenses? Last eye exam?
- Dizziness? Syncope? Vertigo?
- Blurred vision? Diplopia? Nystagmus (involuntary rapid eye movements)?
- Dryness? Burning? Fatigue?

PE (beyond Vitals):

- Visually inspect each eye (lid, cornea, conjunctiva)
- Visual acuity test (CNII)
- Pupillary responses (direct and indirect)
- Ask patient to follow an "X" pattern (CN III, IV, VI)
- Convergence
- Eyelids closed against resistance (CN VII)
- Visual fields test (four quadrants)

Reporting an Unremarkable Exam:

- Lids and globes symmetric
- Conjunctivae pink; sclerae white
- No discharge evident
- Report exam findings

Going the Extra Mile:

- Note degree of correction (near and distant)

CC: GU problem

Q's (beyond OPQRST):

- Are you currently or have you ever been sexually active?
- 5 P's – Partners (#, sex); Practices (vaginal, anal, oral); Past STDs (HIV, IV drug use); Prevention; Pregnancy (plans/prevention)?
- Do you have pain with intercourse?
- Have you had any discharge lately (color/consistency/smell)?
- Have you had any pain with urination or in your lower back? Have you been urinating/defecating normally?
- Have you noticed blood in your urine stool?
- When was your Last Menstrual Period?
- Have you ever had an abnormal Pap?

PE (beyond Vitals):

Pap Smear:

- Inspect: external genitalia (swelling, redness, varicosity)
- Speculum (downward pressure)
- Bimanual Examination: Cervix, uterus, ovaries (symmetry, pain, nodules)

Male Genital Exam:

- Inspect Penis, Testicles
- Palpate testicles
- Feel for possible inguinal hernia (cough w/ finger in inguinal canal)