**BODY SCREENS for PHYSICAL EXAM**

(1) Bilateral Muscle Wasting

* Display body
* (FRONT) Clickable regions
  + **Head**:
    - Wasting, scooping, and hollowing of tempolaris muscle
  + **Deltoid (arm)**:
    - Shoulder “squaring”
    - Loss of roundness at junction of shoulder and neck
    - Acromion process may protrude
  + **Interosseous (arm/hand):**
    - Inspect the interosseous muscle between patient’s thumb and forefinger
    - Palpate the muscle using your thumb and index finger
    - Look for bulged or slight bulged muscles
  + **Clavicles** **(chest)**:
    - Inspect for prominence of bone
    - Clavicle less prominent for women
    - Indicates wasting of pectoral and deltoid muscles
* (BACK) Clickable region
  + **Scapula** **(back)**:
    - Have patient lift arms and push against hard object
    - Inspect for prominent bones or depression between bones
    - Such signs indicate loss of trapezius and deltoid muscles

(2) Subcutaneous Fat Loss

* Display body
* (ONLY FRONT) Clickable regions
  + **Orbital Fat Pads (Head)**
    - Loss of bulge under eyes (fat pads), characterized by hollow eye
    - Normal, mild-moderate, severe scale
  + **Anterior Low Ribs (Chest)**
    - Ribs visible in patients with fat loss
  + **Triceps (arms)**
    - Palpate between thumb and forefinger to determine the amount of fat present
    - Normal: ample fat tissue between folds of skin
    - Mild-moderate: slightly loose skin
    - Severe: loose skin, very little space between skin folds

(3) Fluid Status

* NO BODY SCREEN FOR THIS SECTION JUST 3 NEW BUTTONS leading to 3 screens with texts/pictures
* 1) Edema
  + Inspect swelling in contour of leg, ankle, or foot
  + Palpate by gently squeezing top of foot, ankle, or front of lower leg, or by gently pressing skin in sacral area
  + Note if an impression is left
* 2) Ascites
  + Stand at foot of bed, look up toward patient’s head, and observe contour of abdomen
  + Global abdominal enlargement is usually cause by air, fluid, or fat
* 3) Dehydration
  + Dry or sticky mouth and/or oral mucosa
  + Low output of concentrated urine or no urine output
  + Dry sclera (decreased tear production)
  + Sunken eyes
  + Confusion or lethargy
  + Poor skin turgor

(4) Protein Energy Malnutrition (PEM)

* NO BODY SCREEN, just text and pictures
* Pitting edema
* Dry, flaky, scaly, cracked, bruised, or bleeding skin
* Dull, brittle, and loose hair
* Ridged, cracked, spoon shaped, or pale nails