

General: Weight Changes, Fatigue, Weakness, Fever/Chills, Night Sweats
Skin: Skin, Hair, Nail changes, Itching, Rashes, Sores, Lumps, Moles
Head: Trauma, Headache location, Frequency, Nausea/Vomiting, Visual changes
Eyes: Glasses, Contacts, Blurriness, Tearing, Itching, Acute loss of vision
Nose/Sinuses: Rhinorrhea, Stuffiness, Sneezing, Itching, Allergy, Epistaxis
Mouth, Throat, Neck: Bleeding Gums, Hoarseness, Sore Throat, Swollen neck
Breasts: Skin changes, Masses/Lumps, Pain, Discharge, Self Exams
Cardiac: Hypertension, Murmurs, Angina, Palpitations, Dyspnea on exertion, Orthopnea, Paroxysmal Nocturnal Dyspnea, Edema, last EKG
Respiratory: Dyspnea, Wheeze, Cough, Sputum, Hemoptysis, Pneumonia, Asthma, Bronchitis, Emphysema, Tuberculosis, last chest X-Ray
GI: Appetite, Nausea/Vomiting, Indigestion, Dysphagia, Bowel Movement frequency/change, stool color, diarrhea, constipation, bleeding (hematemesis, hemorrhoids, melena, hematochezia), abdominal pain, jaundice, hepatitis
Urinary: Frequency, Hesitancy, Urgency, Polyuria, Dysuria, Hematuria, Nocturia, Incontinence, Stones, Infection
Genital: **Male** – Penile Discharge or Sores, Testicular Pain/Masses, Hernias
Female – Menarche, period regularity, frequency, duration, dysmenorrhea, last period, itching, discharge, sores, pregnancies and complications, miscarriages/abortions, birth control menopause, hot flashes, sweats
General – STD history/treatment, sex interest, function, problems, contraception methods
Vascular: Leg edema, Claudication, Varicose veins, Thromboses/emboli
Musculoskeletal: Muscle Weakness, Pain, Joint stiffness, Range of motion, Instability, Redness, Swelling, Arthritis, Gout
Neurologic: Loss of Sensation/Numbness, Tingling, Tremors, Weakness/Paralysis, Fainting/Blackouts, Seizures
Hematologic: Anemia, Easy Bruising/Bleeding, Petechiae, Purpura, Transfusions
Endocrine: Heat/Cold intolerance, Excessive sweating, Polyuria, Polydipsia, Polyphagia, Thyroid Problems, Diabetes
Psychiatric: Mood, Anxiety, Depression, Tension, Memory

SUBJECTIVE

Constitutional: Looks well, no acute distress, alert and oriented x3, well developed and well nourished
Head: Normocephalic, no palpable abnormalities of scalp, cranial bones, or maxillary/frontal sinuses
Eyes: brows, lids, lacrimal ducts are symmetric and without inflammation; conjunctivae clear; PERRLA, EOMI; funduscopy reveals vessels without abnormality, fundus margins clear
Ears, Nose, Mouth and Throat: no lesions or edema of external ear; tympanic membrane is clear with landmarks preserved; external nose and nasal membranes/inferior turbinate are clear; lips, oral mucosa and pharynx are free of lesions or edema
Neck: neck is supple/range of motion full; trachea is midline, no venous distention; carotid pulsations 2+/4 and without bruits; no palpable masses or adenopathy; thyroid is symmetric and of average size and free of nodules
Respiratory: No evidence of respiratory distress, lungs are clear to auscultation; thoracic excursion full and symmetric
Cardiovascular: Heart is regular rate and rhythm without any murmurs, gallops or rubs; no heaves in chest; (name) pulse 2+/4; no peripheral edema
GI/Abdomen: No abnormality of abdominal contour or venous pattern; bowel sounds active in 4 quadrants; no aortic or renal bruits; abdomen soft and nontender on palpation; no masses or organomegaly
Lymphatic: no abnormal lymph nodes in neck, axilla or inguinal area; no upper or lower extremity edema
Musculoskeletal/Structural (Spine and Extremities): range of motion in axial (cervical, thoracic, lumbar) and appendicular skeletons is maintained; no joint deformities or swelling; no thoracic or lumbar temperature changes, erythema, sweating, muscle spasm, tenderness, or vertebral rotation; no scoliosis
Skin and Subcutaneous: No abnormal skin lesions, rashes, ecchymoses
Neurologic: cranial nerves II-XII intact; no sensory deficits; cerebellar function maintained; gait is stable; deep tendon reflexes and upper and lower extremities symmetric 2+/4; muscle strength in all major muscle groups in upper and lower extremities is 5/5
Psychiatric: No sign of cognitive impairment or disordered thought; affect appropriate

OBJECTIVE

Seidel, H. M. (2011). *Mosby's guide to physical examination*. St. Louis, Mo.: Mosby/Elsevier. Maxwell quick medical reference, ISBN 978-0-9645191-4-5 Retrieved 8/6/2013, 2013, from <http://www.maxwellbook.com/index.aspx?p=5>

Vascular
Infection/Inflammation
Neoplasm
Drugs/Toxins/Degenerative
Idiopathic/Iatrogenic
Congenital/Developmental/Inherited
Autoimmune/Allergy/Anatomic
Trauma
Endocrine/Metabolic/Environmental Exposure/
Occupational exposure

ASSESSMENT

Follow Up
Additional Tests or Referrals
Medications
OMT
Understanding of the Diagnosis/Questions
Answered
Self Care/Home Instructions

PLAN

Three open-ended questions:
What brings you in today?
Can you tell me more about that?
Is there anything else you need to discuss today?

Chief Complaint:

Onset	Medical Illness	Habits
Location	Injuries	Occupation
Duration	Immunizations	Relationships
Character	Family History	Safety and
Associated	Medications	Sexuality
Aggravating	Allergies	Environment
Relieving	Surgeries	Spirituality
Temporal	Hospitalization	
Severity		

SUBJECTIVE