SHARPEN YOUR

# CLINICAL SKILLS

## A PRACTICAL GUIDELINE

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**CONTENTS/GUIDELINES**

1. BIODATA/ PATIENT PARTICULARS
   * + Name
     + Gender
     + Age
     + Residence
     + Contact/Mobile number
     + Address
     + Ward
     + Bed number
     + Date of admission
     + Days in hospital
     + Informant
2. CHIEF COMPLAINT/S
   * + What brought the patient to hospital..
     + State the complaints in a chronological order and indicate the duration of each complaint. i.e. how long has the complaint been there.
3. HISTORY OF PRESENTING COMPLAIN/S

- Discuss /Expound on each complaint and exhaust/inquire everything about the affected system.

1. SYSTEMIC REVIEW

I. RESPIRATORY SYSTEM

* + - * Cough
      * Chest pain
      * Difficulty in breathing
      * Wheeze
      * Hoarseness
      * Family history of asthma
      * History of smoking
      * Working environment – paint sprayer, workers in electronics, rubber or plastics industries, and woodworkers.
  1. CARDIOVASCULAR SYSTEM
     + - Chest pain
       - Dyspnea – Exertional dyspnea, Orthopnoea or Paroxysmal Nocturnal Dyspnoea
       - Exertional fatigue – Easy fatigability - Palpitations – Awareness of the heartbeat.
       - Dizziness and syncope
  2. GASTRO-INTESTINAL TRACT
     + Abdominal pain
     + Diarrhoea
     + Anorexia
     + Vomiting
     + Dysphagia and odynophagia
     + Heartburn and reflux
     + Indigestion (dyspepsia)
     + Flatulence
     + Constipation
     + Alteration of bowel pattern
     + Abdominal distension
     + Weight loss
     + Haematemesis
     + Rectal bleeding
     + Melaena
     + Jaundice
     + Itching ( Pruritus)

1. GENITAL URINARY TRACT
   * Pain on passing urine - dysuria
   * Pass on passing urine - Pyuria
   * Blood on passing urine - Haematuria
   * Urine retention
   * Genital rash, ulcerations
   * Lower abdominal pain
   * Lower Backache
2. CENTRAL NERVOUS SYSTEM
   * Episodes of loss of consciousness
   * Headache
   * Seizures
   * Vision
   * Hearing
   * Cognitive disturbance
   * Speech, swallowing
   * Numbness and weakness
   * Arms, handwriting
   * Legs, walking
   * Involuntary movements - tremors
   * Bladder, bowel function
3. MUSCULO-SKELETAL SYSTEM
   * + Joint pain
     + Joint swelling
     + Joint stiffness
     + Joint deformity
     + Loss of joint function – mobility
     + Independence – Use of wheel chair or walking aids - Gait – is it normal or abnormal?
     + Posture
     + Muscle wasting
     + Pain over bones
     + Broken bones – fractures

REMEMBER – GALS (Gait, Arms, Legs, Spine)

1. ENDOCRINE SYSTEM
   * + Appetite changes
     + Weight changes
     + Lethargy
     + Bowel habits
     + Urinary Frequency - polyuria
     + Thirst and polydipsia
     + Sweating
     + Pigmentation
     + Hair distribution – hirsutism or excessive hair growth
     + Skin and soft tissue changes
     + Headache and visual disturbance
     + Alteration in growth
     + Changes in sexual function
     + Flushing
2. OBSTETRIC AND GYNAECOLOGICAL HISTORY

– FOR FEMALES -

1. PAST MEDICAL AND SURGICAL HISTORY

-

1. PERSONAL SOCIAL AND ECONOMIC HISTORY

-

1. FAMILY HISTORY

-

1. PHYSICAL EXAMINATION

I. GENERAL EXAMINATION

A. General assessment

* 1. Gauge the age of the patient – e.g. young, middle aged, elderly patient
  2. State the decubitus – e.g. sitting on bed or lying supine, prone, left lateral or right lateral on bed
  3. Describe the environment – e.g. the patient has a branular on the dorsum of his/her left hand, the patient is feeding, the patient is on infusion or transfusion or oxygen, there is an oxygen machine besides the bed of the patient, the patient has a chest tube, there is undergoing under water seal drainage equipment besides the bed of the patient. iv. Assess the nutritional state e.g. the patient is well nourished, the patient is in good nutritional state, the patient is in poor nutritional state.

B. Examine the eight examinable features/parameters.

* + Pallor – Conjunctiva, tongue, palm, capillary refill
  + Jaundice - Sclera
  + Cyanosis – central and peripheral
  + Oral thrush – sides of the tongue, hard and soft palate, buccal mucosa - Dehydration – Sunken eye balls, dry lips, skin turgor.
  + Finger clubbing – examine and grade
  + Lymph nodes – check in all examinable areas
  + Oedema – follow the recommended standard procedure

1. VITAL SIGNS

Assess all the vital signs and comment e.g. normal, reduced/decreased or increased/elevated.

* + - Temperature – Normal range – 36.6oC – 37.2oC
    - Pulse rate - Normal range – 60-80/minute
    - Respiratory rate - Normal range - 16-24/minute
    - Blood pressure - Normal range – 120/60 – 140/90
    - Body Mass Index (BMI) - Normal range – 18.5-25.0 kg/m2

1. SYSTEMIC EXAMINATION
   1. RESPIRATORY SYSTEM

a. Inspection

* + - * + Respiratory distress
        + size, shape & symmetry of the chest
        + chest movements with respiration
        + obvious/visible deformities, protrusion & masses

b. Palpation

* + - * + Do a light palpation to detect skin temperature & tenderness
        + On deep palpation, palpate for the;

Position of trachea

Chest expansion vocal

Tactile fremitus

Palpable masses.

c. Percussion

- Resonance – Resonant, dullness, Hyper-resonance, stony dullness

d. Auscultation

1. Breath sounds

Normal breath sounds – Vescicular, Bronchial

Added breath sounds – Crepitations, rhonchi, bronchial breath sound, pleural rub.

* 1. CARDIOVASCULAR SYSTEM

It follows on inverted J pattern which comprises of;

* + - 1. Splinter haemorrhages, finger clubbing, pallor, capillary refill, oslers, nodes, cyanosis, jaundice
      2. Pulses (radial & brachial)
      3. Blood pressure
      4. Pulsations at the neck and measuring of JVP (jugular various pressure)
      5. Precordium on the chest.

o Inspection

Chest deformities

Hyperactivity of precordium

Bulging at precordium

o Palpation

Heart rate

Heave – Apical and parasternal

Thrills

o Auscultation

Heart sounds

Normal heart sounds e.g. 1st and 2nd heart sounds

Added heart sounds e.g. Murmurs, Pericardial rub,

* 1. GASTRO-INTESTINAL SYSTEM

a. Inspection

Symmetry

Movement with respiration

Visible dilated blood vessels

Marks, scars – Therapeutic, cosmetic, surgical, traditional

Umbilicus – Position, shape

b. Auscultate

Bowel sounds

Bruits

c. Palpate

Light/superficial – Areas of tenderness: rebound tenderness; muscle guarding, palpable masses

Deep palpation – Organomegaly – left kidney, spleen, liver: size; liver span, gall bladder, right kidney, urinary bladder

d. Percuss

Fluid thrill

Shifting dullness

* 1. CENTRAL NERVOUS SYSTEM

a. Higher centers

Consciousness

Appearance and behavior – grooming, mood

HID – Hallucinations, Illusions & Delusions.

- Orientation – Person, Time & Space (PTS).

- Memory – Short, Intermediate & Long term memory.

- Intelligence

- Speech & Language – Aphasia, Dysarthria

b. Cranial nerves

1st Cranial nerve – Olfactory

2nd Cranial nerve - Optic

3rd Cranial nerve - Oculomotor

4th Cranial nerve - Trochlea

5th Cranial nerve – Trigeminal

6th Cranial nerve - Abducens

7th Cranial nerve - Facial

8th Cranial nerve – Vestibulocochlear

9th Cranial nerve – Glossopharyngeal

10th Cranial nerve - Vagus

11th Cranial nerve - Accessory

12th Cranial nerve - Hypoglossal

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c. Motor function

Muscle power

Muscle bulk

Muscle tone

Reflexes – Superficial & Deep

Coordination

Gait

Involuntary movement

d. Sensory function

Tactile sense

Vibration sense

Pain sense

Proprioception

Two point discrimination test

- Graphesthesia & stereognosis

e. Signs of meningeal irritation

Neck stiffness

Kerning’s sign

Brudzinki’s sign

Straight leg raising

5. MUSCULO-SKELETAL SYSTEM

* Joint tenderness
* Joint swelling
* Tenderness over bones

J. IMPRESSION

* + - * State the most probable diagnosis.
      * From all the signs and symptoms you have found in the patient, what is the patient suffering from?

K. DIFERENTIAL DIAGNOSES

* + - * From all the signs and symptoms you have found in the patient, apart from the most probable diagnosis, what other conditions could the patient be suffering from?
      * What can be confused with the impression you have just made?

L. INVESTIGATIONS

- Request for relevant investigations as per the found findings.

M. MANAGEMENT

* + - * 1. SUPPORTIVE MANAGEMENT
        2. SPECIFIC MANAGEMENT
        3. PREVENTION
        4. REHABILITATION