

# Heart-Lung & Abdominal Exam

☒ Check normal, circle & describe abnormal

CC & significant history: \_\_\_\_\_

Patient: \_\_\_\_\_ date: \_\_\_\_\_

Insurance: \_\_\_\_\_ (dd/mm/yr)

Date of birth: \_\_\_\_\_ M/F

Temp: \_\_\_\_\_, Pulse: \_\_\_\_\_, Resp: \_\_\_\_\_, BP: L: \_\_\_\_\_ / \_\_\_\_\_, R: \_\_\_\_\_ / \_\_\_\_\_

## Heart-Lung: ☐ WNL

### Observation

- ☐ Shape & symmetry, bony markings
- ☐ Spinal shape & curvature (kyphosis, lordosis, scoliosis)
- ☐ Skin: \_\_\_\_\_
- ☐ Effort of respiration (use of accessory muscles): \_\_\_\_\_
- ☐ Extremities: \_\_\_\_\_
  - ☐ Digital clubbing
  - ☐ Edema:
  - ☐ Cyanosis:
  - ☐ Trophic changes:

### Lung Auscultation

- ☐ Wheeze (rhonchi): \_\_\_\_\_
- ☐ Crackles (rales): \_\_\_\_\_
- ☐ Basilar crackles: \_\_\_\_\_
- ☐ Crepitus: \_\_\_\_\_
- ☐ Stridor: \_\_\_\_\_

### Heart Auscultation

- ☐ Point of maximal impulse: \_\_\_\_\_
- ☐ Carotid arteries: \_\_\_\_\_
- ☐ Abdominal aorta: \_\_\_\_\_

### Specific valves

- ☐ Aortic: \_\_\_\_\_
- ☐ Pulmonic: \_\_\_\_\_
- ☐ Erb's point: \_\_\_\_\_
- ☐ Tricuspid: \_\_\_\_\_
- ☐ Mitral: \_\_\_\_\_

### Sounds

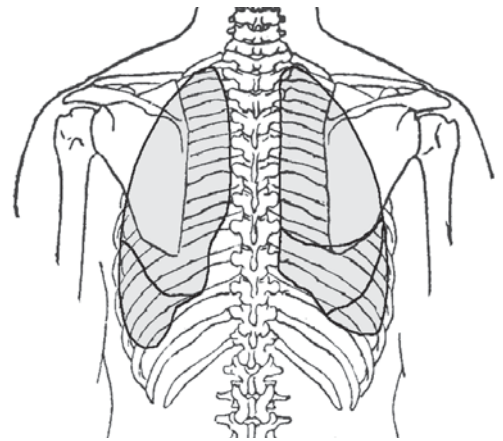
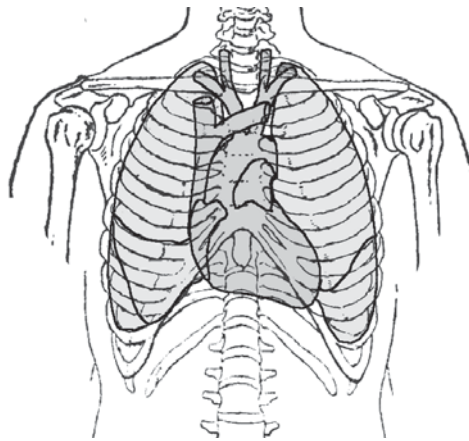
- ☐ S1 ('lub'): \_\_\_\_\_
- ☐ S2 ('dup'): \_\_\_\_\_
- ☐ Bruit: \_\_\_\_\_
- ☐ Click: \_\_\_\_\_
- ☐ Other: \_\_\_\_\_

### Percussion

- ☐ Resonant: \_\_\_\_\_
- ☐ Flat: \_\_\_\_\_
- ☐ Dull: \_\_\_\_\_
- ☐ Hyperresonant: \_\_\_\_\_

### Palpation

- ☐ Spine/rib tenderness: \_\_\_\_\_
- ☐ Anterior chest wall: \_\_\_\_\_
- ☐ Thoracic excursion: \_\_\_\_\_
- ☐ Fremitus: \_\_\_\_\_
- ☐ Diaphragmatic excursion: \_\_\_\_\_
- ☐ Tracheal palpation/deviation: \_\_\_\_\_
- ☐ Abdominal aorta: \_\_\_\_\_



## Abdomen: ☐ WNL

### Observation

- ☐ Skin: \_\_\_\_\_
- ☐ Symmetry/contour: \_\_\_\_\_
- ☐ Visible peristalsis: \_\_\_\_\_

### Auscultation

- ☐ Upper left: \_\_\_\_\_
- ☐ Upper right: \_\_\_\_\_
- ☐ Lower right: \_\_\_\_\_
- ☐ Lower left: \_\_\_\_\_
- ☐ Vascular: \_\_\_\_\_
  - ☐ Aorta: \_\_\_\_\_
  - ☐ Renal: \_\_\_\_\_
  - ☐ Iliac: \_\_\_\_\_
  - ☐ Femoral: \_\_\_\_\_
- ☐ Bowel sounds: \_\_\_\_\_

### Percussion

- ☐ Liver: \_\_\_\_\_
- ☐ Spleen: \_\_\_\_\_
- ☐ Murphy's punch: \_\_\_\_\_
- ☐ Percussion note: \_\_\_\_\_

### Palpation (light then deep)

- ☐ Abdominal tone: \_\_\_\_\_
- ☐ Cutaneous hypersensitivity: \_\_\_\_\_
- ☐ Light palpation: \_\_\_\_\_
- ☐ Deep palpation: \_\_\_\_\_
- ☐ Inguinal lymphnodes: \_\_\_\_\_
- ☐ Other: \_\_\_\_\_

### Hernia evaluation

- ☐ Umbilical: \_\_\_\_\_
- ☐ Inguinal direct: \_\_\_\_\_
- ☐ Inguinal indirect: \_\_\_\_\_
- ☐ Femoral: \_\_\_\_\_

### Strength

- ☐ Resisted flexion: \_\_\_\_\_
- ☐ Resisted L/R rotation: \_\_\_\_\_

### Acute abdomen special tests

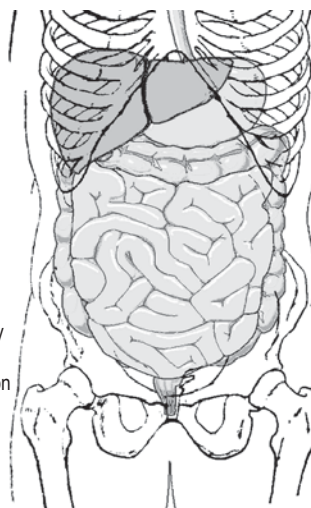
- ☐ Rigid abdomen: \_\_\_\_\_
- ☐ Rebound tenderness: \_\_\_\_\_
- ☐ Valsalva: \_\_\_\_\_
- ☐ Murphy's sign (GB): \_\_\_\_\_
- ☐ Murphy's punch (kidney): \_\_\_\_\_
- ☐ Carnett's test: \_\_\_\_\_
- ☐ Other: \_\_\_\_\_

### Right Upper Quadrant

Liver  
Gall bladder  
Duodenum  
Head of pancreas  
Right adrenal gland  
Portion of right kidney  
Hepatic flexure of colon  
Ascending colon  
Transverse colon

### Right Lower Quadrant

Lower pole of right kidney  
Cecum & appendix  
Portion of ascending colon  
Ovary & salpinx  
Uterus  
Right spermatic cord  
Right ureter



### Left Upper Quadrant

Left lobe of liver  
Spleen  
Stomach  
Body or pancreas  
Left adrenal gland  
Portion of left kidney  
Splenic flexure of colon  
Transverse colon  
Descending colon

### Left Lower Quadrant

Lower pole of left kidney  
Sigmoid colon  
Portion of descending colon  
Ovary & salpinx  
Uterus  
Left spermatic cord  
Left ureter

Signature: \_\_\_\_\_

Date: \_\_\_\_\_