

1 history taking and physical examination

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History and Physical Examination**

A history and physical examination (H&P) is a medical assessment that involves gathering information about a patient's medical history and performing a physical exam to evaluate their overall health.

How to Take a Liver History

A liver history includes questions about:

- Alcohol consumption
- Use of medications or supplements
- Prior liver diseases or infections
- Family history of liver disease
- Occupational exposure to toxins

How to Take a History of Chronic Liver Disease

Inquire about:

- Onset and duration of symptoms
- Fatigue, weakness, jaundice
- Abdominal pain, nausea, vomiting
- Blood in stool or urine
- History of ascites, encephalopathy

Physical Examination of Hepatic Encephalopathy

- Altered mental status: Confusion, lethargy
- Fetor hepaticus: Musty odor on breath
- Asterixis: Flapping tremor of hands
- Spider angiomas: Red, dilated vessels on face and chest

4 Physical Examinations

- **Inspection:** Visual examination of the body
- **Palpation:** Feeling with the hands
- **Auscultation:** Listening to sounds with a stethoscope
- **Percussion:** Tapping the body to assess underlying structures

Focused History and Physical Examination

This is a limited assessment that focuses on a specific problem or body system. For example, a focused liver H&P would focus on liver-related history and physical exam findings.

How to Take a History

- Ask open-ended questions
- Be attentive and empathetic
- Listen patiently
- Document accurately

How to Perform a Liver Physical Exam

- Inspect for jaundice, ascites, spider angiomas
- Palpate for hepatomegaly, splenomegaly
- Percuss for ascites
- Auscultate for bruits

How to Take a History of Diarrhea

- Onset, duration, frequency
- Consistency and color of stool
- Associated symptoms: Fever, chills, abdominal pain
- Recent food or travel history

What is on a Physical Exam

A physical exam typically includes:

- Vital signs measurement (blood pressure, heart rate, etc.)
- Examination of head, neck, chest, abdomen, and extremities
- Neurological and musculoskeletal assessment

History of Physical Fitness

This refers to information about a person's past and current exercise habits and overall fitness levels.

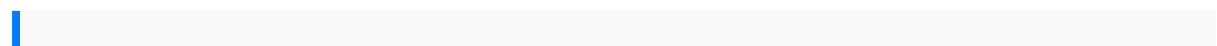
Physical Mean in History

In the context of history, "physical" can refer to:

- Anatomical structures and functions of the body
- Physical characteristics of a person or place
- Physical evidence or artifacts

Example of a Physical Exam

- Examination of the chest: Inspection, palpation, percussion, and auscultation to evaluate the heart and lungs.



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