

## \* General examination \*

- first opportunity to observe  
↳ examine pt → reception area

### Parkinson's Disease

deficiency of dopamine

no specific reason.

Tx → mainly treat symptoms

## \* Signs / Symptoms \*

Tremor

slurred speech

Rigidity of limbs

Forward tilt

Unilateral swelling can be

abscess

cancer

lymphadenopathy

Cyst

### Bell's Palsy

#### 7<sup>th</sup> cranial nerve palsy

- Proptosis = protrusion of eyes
- ptosis = drooping eyelids
- drooping lip commissure
- maybe viral infection  
↳ exact cause unknown.

### Cushing's Syndrome

Increased cortisol levels.

↳ Fluid retention

Increased glucose level bc of gluconeogenesis

### Hypothyroidism

Decreased Thyroid

Constipation

Overweight

Bradycardia

Cold

Decreased metabolism

### Hyperthyroidism

↑ thyroid.

Diarrhea

Increased metabolism

Tachycardia

AF (atrial fibrillation)

→ Facial nerve's 5 Branches

- ① Temporal
- ② Zygomatic
- ③ Buccal
- ④ Mandibular
- ⑤ Cervical

## Face rashes

Butterfly Rash → Systemic Lupus Erythematosis

Herpes Simplex Virus ① → Oral Ulcers.  
Herpes Simplex Virus ② → Genitalia

## Eyes

[Grave's Disease] =

[Exophthalmos]

Test: Lid lag - draw  
H shape w/ fingers  
in air & examine if the  
lids follow the pupils  
simultaneously or not.

Increased cholesterol →

[Blue sclera] → Osteogenesis  
Imperfecta

[Anemia] = examine lower sclera lid

[Jaundice] = examine upper sclera lid

## Hands & Nails

\* [Rheumatoid Arthritis]

[RA]: morning stiffness  
Check for Rh factor  
affects women over 50  
Swan neck

\* Nicotine staining (heavy smoker)

\* spoon nails → [koilonychia]  
↳ Iron deficiency anemia  
(Opposite shape of  
clubbing nails)

\* [Scleroderma] = CT disorder ↳  
stiffness.

\* [Palmer erythema] = redness of palms.

↳ Increase of estrogen  
Increase vascularity (elderly)

\* [Clubbing Nails] → convex

↳ less than 165° angle normal

↳ check w/ Schamroth sign  
(window)  
(clubbing nails doesn't  
have this window)

## Lower limbs

[Pitting edema] : Left side  
Heart failure

[Diabetic Foot] : Swellings  
Ulcers  
Amputated leg/ finger

How to examine anemia?

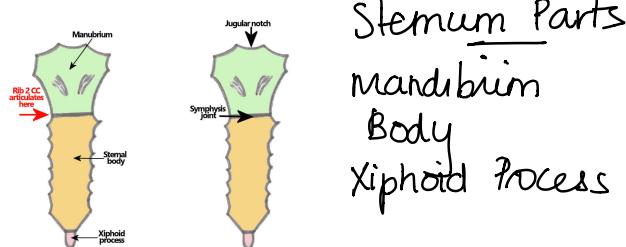
- Schamroth sign
- Depth ratio
- Loss of angle b/w nail and nail bed.

How to examine exophthalmos

↳ Lid Lag Technique

## General Medicine - CVS

Jugular notch = Substernal notch

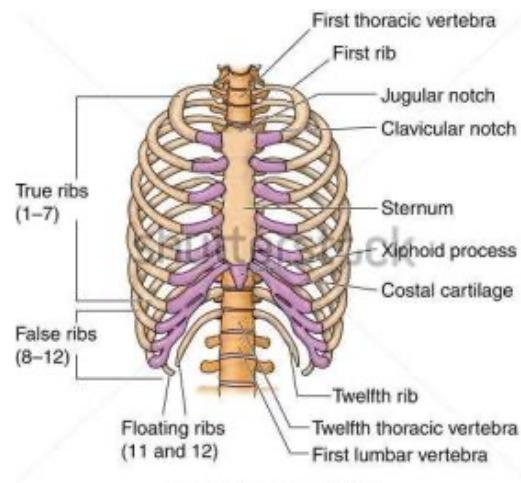


\* Pectus excavatum

\* costal margin = end of thorax

ribs: 10 costal ribs anteriorly  
12 posteriorly  
 In blw each rib = Intercostal muscle  
 In blw → costal cartilage

To locate heart valves count  
ribs by junction blw  
sternum & manubrium  
 ↳ manisternal Junction  
 ↳ laterally to angle of Louis.



\* Check chest if they have:  
 - surgical scar.  
 - Pacemakers  
 - ICD insertion  
 ↳ Implantable cardioverter  
Defibrillator  
 ↳ controls heart's electricity  
especially in arrhythmic patients

\* NB: Dextrocardia = when organs (heart) is located on the opposite side.

Look at hands/fingers

- \* Cyanosis → hypoxia
- \* Edema → Congestive heart failure
- \* Clubbing → Infective endocarditis
- \* Smoking - First risk factor for CVD.

Capillary refill = when you press on nail bed, blanching should last 2 seconds if blood should fill the area immediately after 2 seconds.

\* Xanthelasma



cholesterol in eyelids  
In hands it's called  
Xanthoma

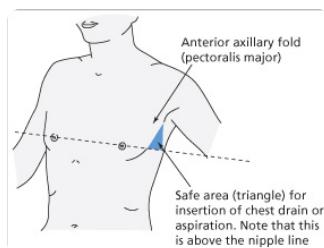
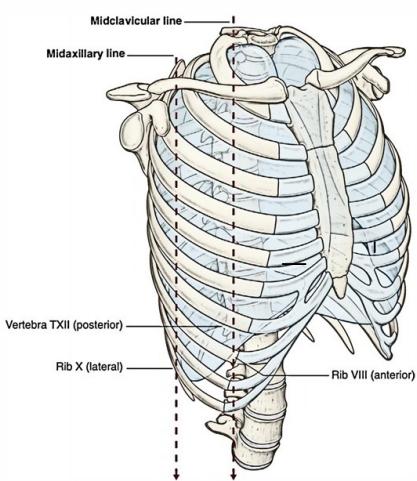
3 signs of infective endocarditis

- (1) ST → tiny bleeding under nails
- (2) JL → Flat discolouration
  - Flat/macule (anywhere)
- (3) ON → Painful  $\frac{1}{3}$  raised node  
painful form of nodule

- For Jaundice do abdominal exam
- Angular stomatitis very common in children

Marfan Syndrome :

- congenital disease of joints
- Tall & thin w/ very flexible joints
- Scoliosis, not straight normal vertebrae



ICD is usually located in the safe triangle  
 ↳ no nerves/BVs pass there

\* If you can palpate apex of heart in midaxial line =  
Cardiomegaly  
 ↳ (lateral chamber of heart enlarged)

[ mitral valve = Bicuspid ]

[ Tricuspid valve = Found around 4th or 5th intercostal space depending ]

# Vital Signs

4 main vital signs:

- HR (Pulse)
- BP
- Resp. rate
- Blood O<sub>2</sub> (Oximetry)

} Blood sugar  
not a  
vital sign

Thermometers:

Temporal (forehead)

→ Best: Rectal  
Worst: Axillary

Oral

Tympanic (ear)

Rectal → use when pt is unconscious or child

Axillary (armpits)

Resp. rate: measure twice  
for 30 sec. ( $\frac{1}{2}$  min)

↳ Check if they have any  
difficulty breathing

↳ Coughing

open mouth breathing ..

## Pulse examination

Radial pulse: on wrist below thumb  
measure w/ two fingers  
↳ index & middle finger

\* irregular rhythm → AF

[measure carotid b/p femoral artery when pt is unconscious]

Carotid pulse location → medial border of SCM muscle, lateral to thyroid

Brachial artery = anterior part of elbow, medial to bicep tendons  
(medial to bicep muscle)

Process: - Introduce yourself.. →

make sure they're not drunk

- ① Palpate Brachial artery
- ② put the cuff b/p make sure its valve is closed.
- ③ Palpate radial artery - keep holding
- ④ Inflate the cuff until you can't feel the radial pulse  
↳ = estimate of systolic BP.  
eg: 100

Palpatory  
Method

- ⑤ Put stethoscope on brachial artery  
inflate cuff again upto 130  
(add another 30 on top of what you got at radial pulse)
- ⑥ Then release  
↳ First sound you hear → Systolic sound disappears → Diastolic

Auscultatory  
Method.

### Quiz Questions

Parkinsons signs? short steps  
stiffness

Lid Lag test? → exophthalmos  
Graves disease

Koilonychia → Iron deficiency  
anemia

Clubbing signs? Schamroth window

To get accurate  
BP measurements?

Location of Brachial artery?  
Medial to  
insertion of  
Bicep muscles

Hyperthyroidism signs?

Hypothyroidism signs?

Diff. diagnosis for unilateral  
cheek swelling?

