

PHYSICAL EXAMINATION FOR NAC-OSCE:

HANDS-ON WORKSHOP

April 3rd, 2025



LAND ACKNOWLEDGEMENT

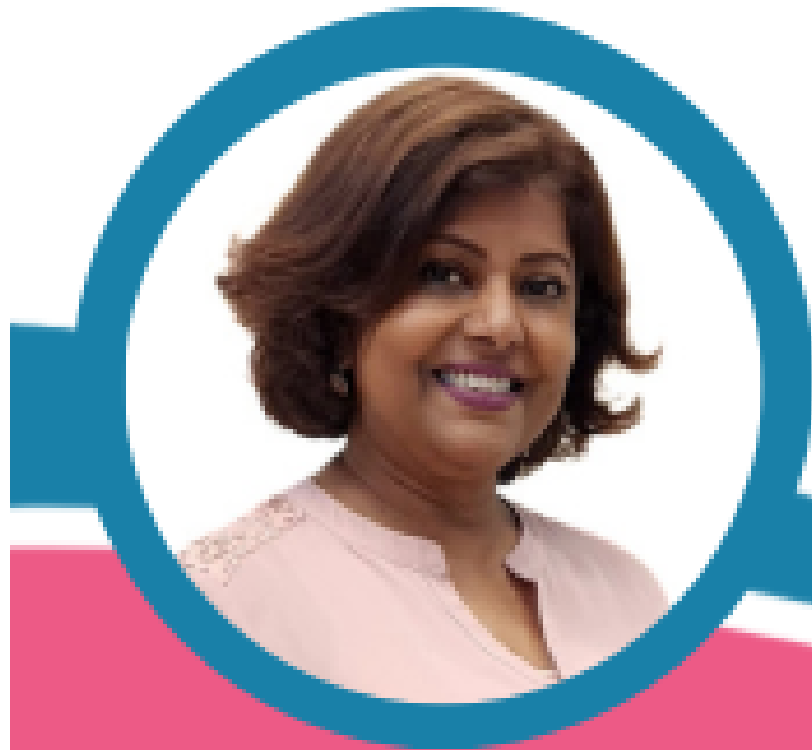
- We are gathering on lands that have been home to First Nations Peoples from time immemorial. We acknowledge that what we now call Richmond Hill is on the Treaty Lands and Territory of the Mississaugas of the Credit First Nation and the Mississauga and Chippewa Nations of the Williams Treaty.



 www.ccsyr.org

 905-770-7040

 ccsyr@ccsyr.org



Shamima Mili

Lead - Community Healthcare Projects

 smili@ccsyr.org

 289-317-3751

 437-245-1031



AGENDA

- 10 AM-12M Hands-on Physical Exam Part 1
- 12M-1PM Lunch Break
- 1PM-3 PM Hands-on Physical Exam Part 2

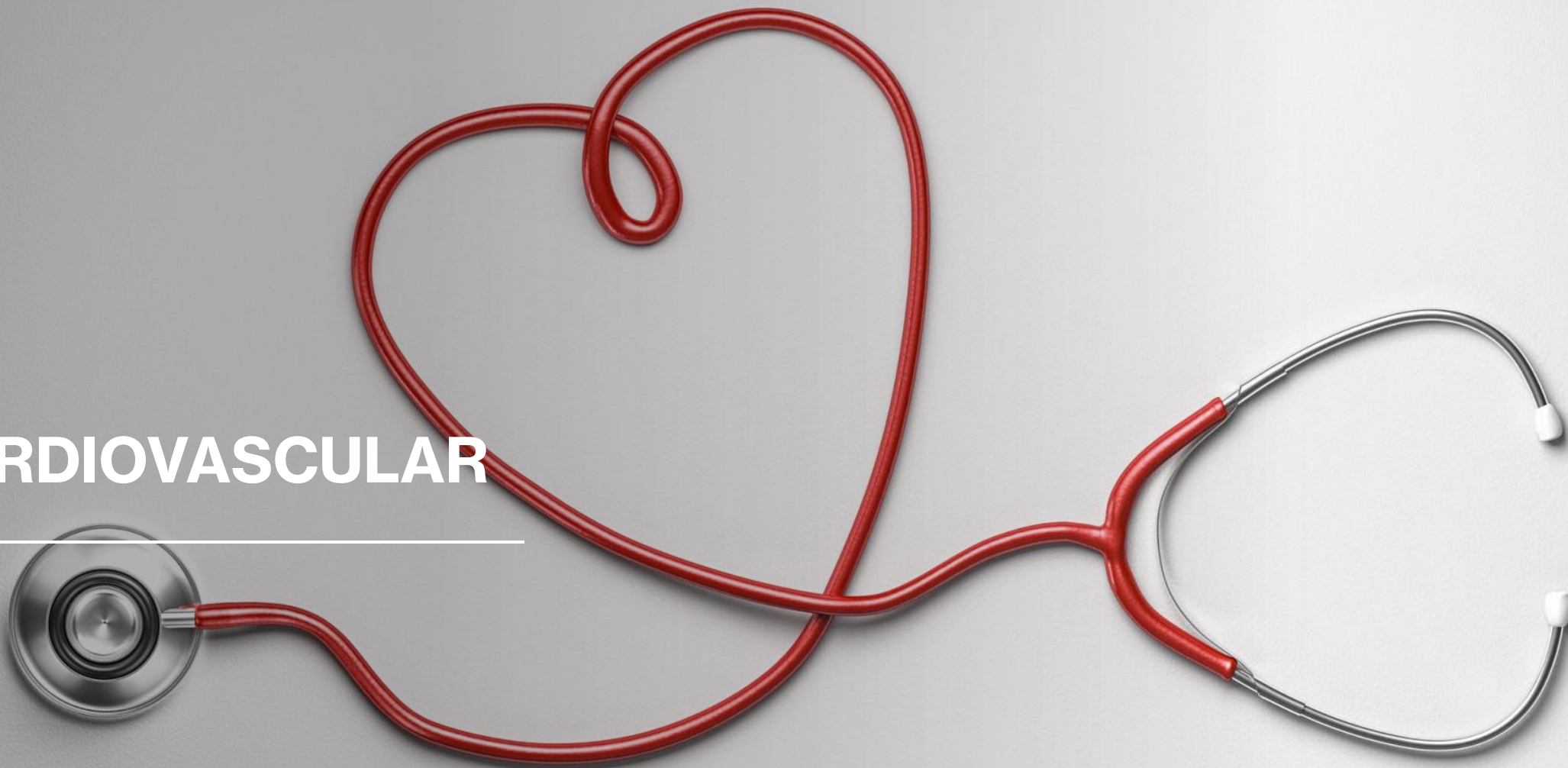


GENERAL INSPECTION

- OBTAIN CONSENT FROM PATIENT / SANITIZE HANDS
- VITAL SIGNS (*Ask, Thank, Comment*)
- LEVEL OF DISTRESS
- Face: swelling, dehydration, pallor, jaundice, cyanosis
- Hands: pulses, clubbing, capillary refill <3s

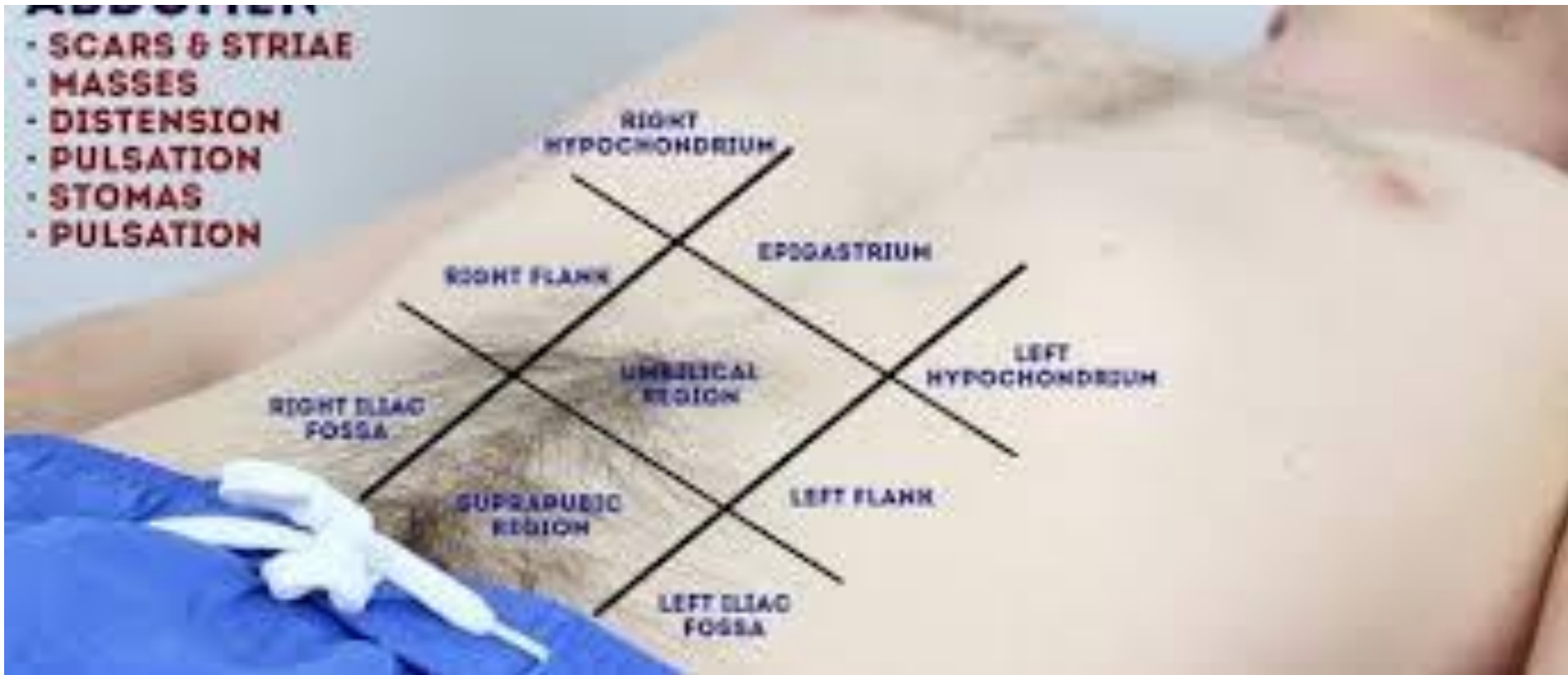


CARDIOVASCULAR



CARDIOVASCULAR

- The patient is lying in a 45 degrees angle
- **Neck:** carotid bruit
- **JVP**
- **Chest inspection:** scars, deformities, chest wall movements, increased WOB
- **Chest palpation:** tenderness, thrills, PMI 5th LIC w MCL size of a coin.
- **Chest auscultation:** Aortic-Pulmonary-Tricuspid-Mitral: S1S2 audible, ?murmurs
- **Abdomen auscultation:** aortic - Rt renal/Lt renal – Rt iliac/Lt iliac
- **Extremities:** peripheral edema, pedal pulses
- **Auscultate** the base of lungs for crackles.



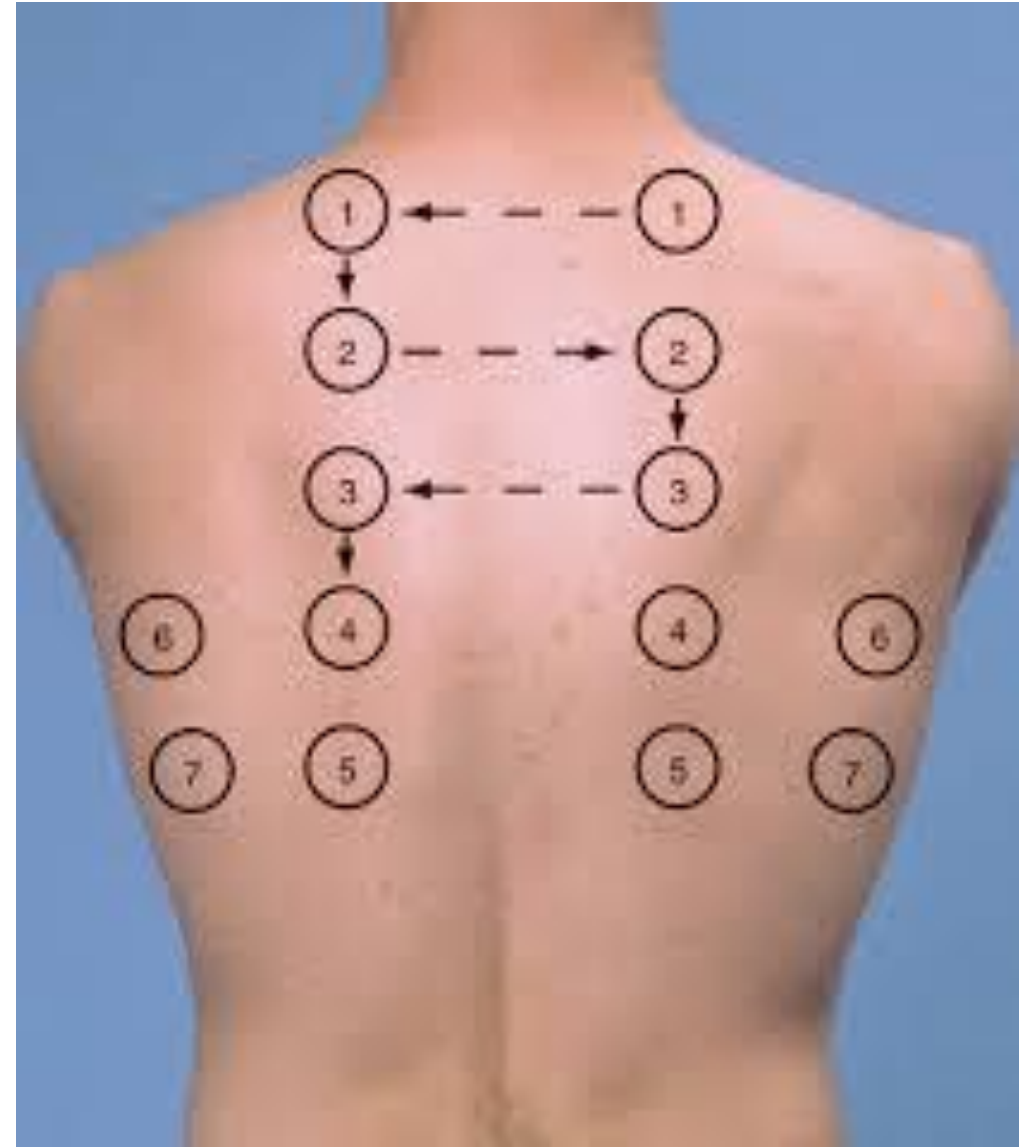
ABDOMINAL EXAM



ABDOMINAL EXAM

- **Inspection:** ?distention, abdominal wall movement with respiration, masses, caput medusae, bruising, scars
- **Auscultation:** bowel sounds
- **Superficial palpation:** tenderness, rigidity
- **Deep palpation:** masses, hepatosplenomegaly
- **Percussion:** tenderness, liver span
- **Special tests:** McBurney's, Rovsing's, Psoas, Murphy's, CVA, DRE

RESPIRATORY



RESPIRATORY

- **Neck:** trachea, lymph nodes
- **Chest inspection:** scars, deformities, chest wall movements, increased WOB
- **Chest palpation:** chest expansion, tenderness, tactile vocal fremitus
- **Percussion:** looking for dullness
- **Auscultation:** Air entry, added sounds, tactile fremitus, ?bronchophony, ?egophony, ?whispering pectoriloquy, ?stridor, ?wheezing
- **Extremities:** peripheral edema

Lung Findings on Physical Examination

| Term | Description | Correlated pathology |
|------------------------|--|---|
| Crackles | Short, discontinuous, sounds mostly heard during inspiration | Caused by the opening or collapsed distal airways/alveoli as seen in pulmonary edema and pneumonia |
| Wheezes | Continuous, high-pitched sounds heard mostly during expiration | Caused by turbulent airflow through narrowed airways as seen in bronchospasm, edema, swelling, secretions, tumor, and foreign bodies |
| Rhonchi | Lower pitched, deep sounds | Associated with mucus plugging, secretions |
| Stridor | High-pitched wheezing sound caused by disrupted airflow | Usually caused by extra-thoracic airway obstruction (laryngeal or tracheal obstruction); sounds a lot like wheezing, you must take a history to distinguish them |
| Egophony | "E" --> "A" | The presence of consolidation gives spoken words a nasal quality |
| Whispered pectoriloquy | Whisper "1-2-3" | The presence of a consolidation makes whispered words louder |
| Bronchophony | "Say 99" | The presence of a consolidation makes spoken words louder |



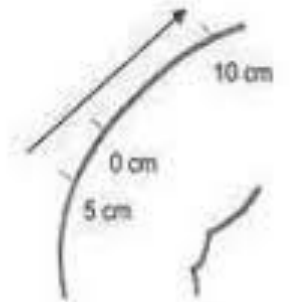
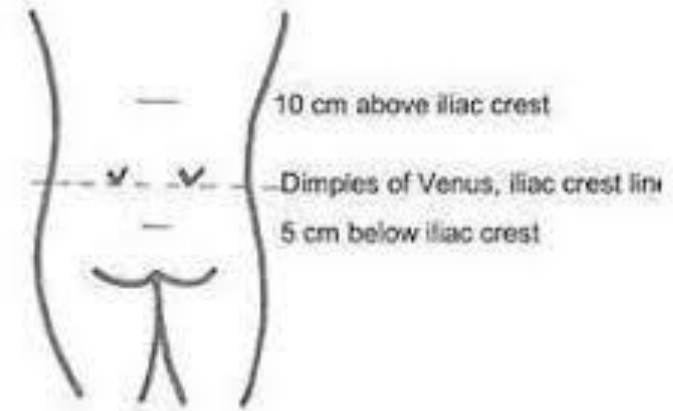
BACK EXAMINATION



BACK EXAMINATION - ACUTE

- **Gait**
 - ToeS(S1), HeeLs (L5)
- **Inspection:** SEADS
- **Palpation:** Temperature, Tenderness, Crepitus, Effusion, ROM
- **Motor:** L4 (kick), L5 (toe), S1 (gas pedal)
- **Sensory** L3 (knee), L4 (medial), L5 (lateral), S1 (pinky toe)
- **Reflexes:** Knee, Ankle
- **Special tests:** SLR, CVA tenderness, DRE

BACK EXAMINATION - CHRONIC



CNS EXAMINATION



CNS = ?STROKE

- **Gait + Cerebellar** (finger to nose, heel to shin test, dysdiadochokinesia), Romberg, Pronator Drift
- **CN 1:** Coffee
- **CN 2:** 4 elements: Visual acuity, Color Vision, Fields of Vision, Fundoscopy
- **CN 3,4,6:** 4 elements PERLA, EOM, Nystagmus, Convergence
- **CN 5:** motor: clench; sensory 3 branches: ophthalmic, maxillary, mandibular
- **CN 7:** eyebrows, cheeks, smile, taste
- **CN 8:** whisper
- **CN 9:** AAAAA, taste
- **CN 10:** talking
- **CN 11:** shoulders
- **CN 12:** tongue
- **Motor, Sensory**
- **Reflexes:** Biceps, Knee, Babinski

HEADACHES

HIGH RISK

- Trauma signs
- Neck rigidity
- Gait
- CN2, CN 3,4,6
- Motor
- Sensory
- Reflexes
- Kernig's and Brudzinski

LOW RISK

- Gait
- CN2, CN 3,4,6
- Motor
- Sensory
- Reflexes

CNS: ATAXIA

- **Gait, Romberg, pronator drift**
- **CN2, 3-4-6, 7**
- **Motor**
- **Sensory**
 - Include: sharp/dull, two-point discrimination, vibratory, and joint positioning.
- **Reflexes**

MENTAL STATE



MENTAL STATE

- ASEPTIC
 - **Appearance and Behavior**
 - **Speech** tone?, volume?
 - **Mood:** irritable, flat...
 - **Affect:** restricted, lability...
 - **Perception** A-V-T hallucinations
 - **Thought process:** organized?
 - **Thought content:** grandiosity?, delusions?
 - **Insight and Judgement:** house-fire
 - **Cognition:** oriented? Concentration? Attention?



MSK EXAM



MSK: NECK

- **Inspection:** SEADS
- **Palpation:** Temperature, Tenderness, Crepitus, Effusion,
 - ROM: Flexion, Extension, Lateral flexion, Rotation
- **Pulses**
- **Sensory:** C2, C3, C4, C5, C6, C7, C8
- **Reflexes**
- **Special tests:** Spurling's test, Lhermitte's sign

MSK: SHOULDER

- **Inspection:** SEADS
- **Palpation:** Temperature, Tenderness, Crepitus, Effusion,
 - ROM: forward flexion, extension, abduction, adduction, external rot, internal rot
- **Pulses**
- **Sensory:** C2, C3, C4, C5, C6, C7, C8
- **Reflexes**

MSK: SHOULDER SPECIAL TESTS

- **Painful arc test (60-120):** supraspinatus OR **Drop Arm Test (S/I)**
- **Scarf test or Neer's sign:** Impingement
- **Jobe's/Empty can test:** supraspinatus
- **Lift-Off test:** subscapularis
- **Anterior Apprehension test:** glenohumeral joint capsule
- **Yergason's test:** biceps tendon

MSK: ELBOW

- **Inspection:** SEADS
- **Palpation:** Temperature, Tenderness, Crepitus, Effusion,
 - ROM: extension, flexion, pronation, supination
- **Pulses**
- **Sensory:** C2, C3, C4, C5, C6, C7, C8
- **Reflexes**
- **Special tests:** lateral (tennis), medial (golf)

MSK: WRIST

- **Inspection:** SEADS
- **Palpation:** Temperature, Tenderness, Crepitus, Effusion,
 - ROM: flexion, extension, ulnar dev, radial dev, fanning, thumb opposition, pron, sup.
- **Pulses**
- **Motor:** OK (median), thumbs up (Radial), Peace (Ulnar)
- **Sensory:** C6, C7, C8
- **Reflexes**
- **Special tests:** Tinel's, Phalen's, Finkelstein

MSK: HIP

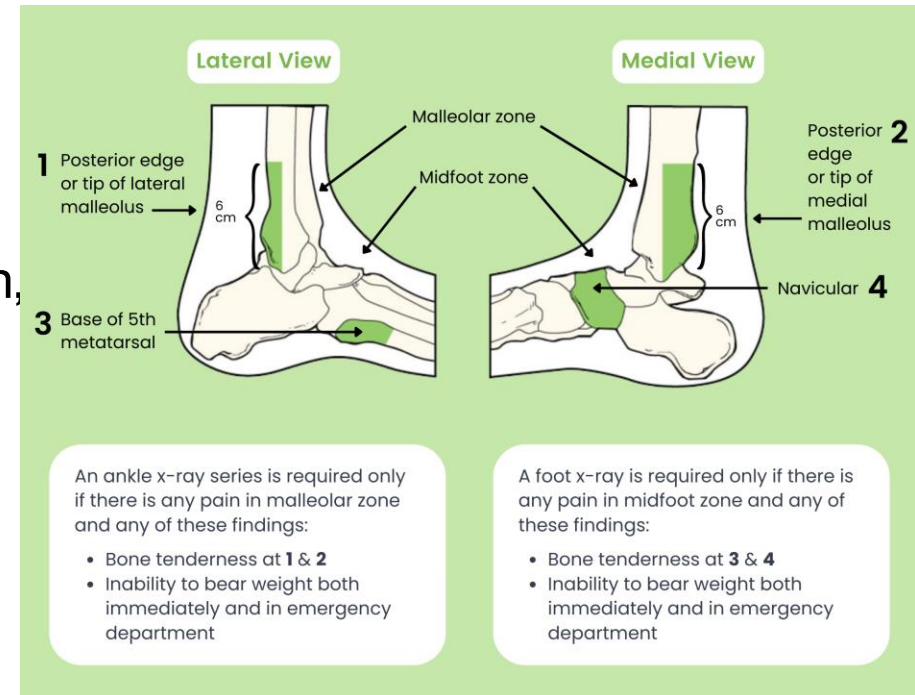
- **Inspection:** SEADS
- **GAIT**
- **Palpation:** Temperature, Tenderness, Crepitus, Effusion,
 - **ROM: flexion,** internal rotation, external rotation, adduction, abduction
- **Pulses**
- **Motor:** L2, L3, L4, L5, S1
- **Sensory:** L3, L4, L5, S1
- **Reflexes**
- **Special tests:** SLR, Faber, Fadir

MSK: KNEE

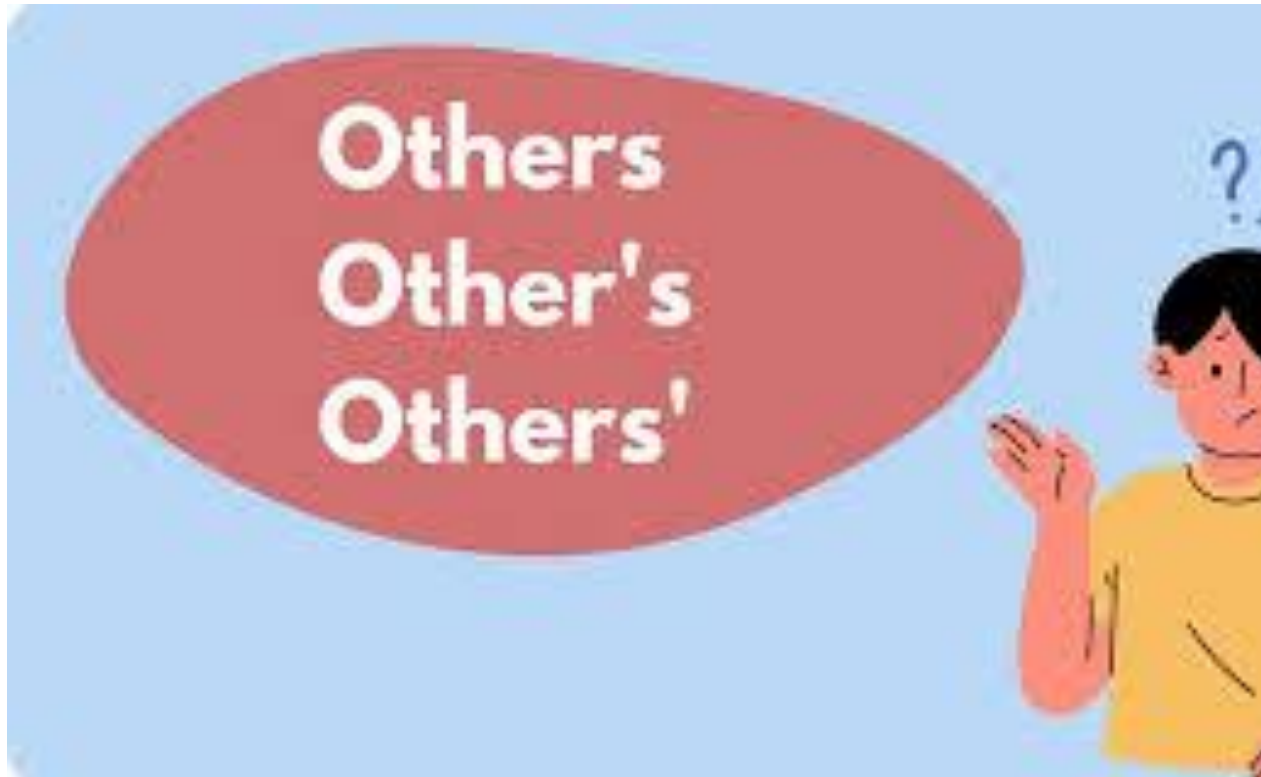
- **Inspection:** SEADS
- **GAIT**
- **Palpation:** Temperature, Tenderness, Crepitus, Effusion,
 - ROM: flexion, extension
- **Pulses**
- **Motor:** L4, L5, S1
- **Sensory:** L4, L5, S1
- **Reflexes**
- **Special tests:** ACL, PCL, Lachman, Valgus, Varus, McMurry's

MSK: ANKLE

- **Inspection:** SEADS
- **GAIT**
- **Palpation:** Temperature, Tenderness, Crepitus, Effusion,
 - ROM: dorsiflexion, plantar flexion, inversion, eversion.
- **Pulses**
- **Motor:** L4, L5, S1
- **Sensory:** L4, L5, S1
- **Reflexes**
- **Special tests:** Talar tilt, Anterior drawer test (ATFL), Syndesmotic squeeze, Thompson (Achilles)



OTHERS



DIABETIC FOOT EXAM

- **GAIT**
- **Inspection:** SEADS, infection, calves swelling
- **Pulses**
- **Motor**
- **Sensory**
 - Include: sharp/dull, two-point discrimination, vibratory, and joint positioning. MONOFILAMENT
- **Reflexes**
- **Footwear Exam**
- **IDEALLY: CV EXAM, EYE EXAM**



THYROID EXAM

- **Inspection:** SEADS
- **Palpation:** Temperature, Tenderness, Ask patient to swallow
- **Auscultation:** bruits
- **Eye:** exophthalmos, lid lag, lid retraction
- **Tremors:** ?fine tremors
- **IDEALLY: CV EXAM, PULSES**

THANKS x 100



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