



# 22

## Putting It All Together

---

### LEARNING OBJECTIVES

*After studying Chapter 22 in the textbook and completing this section of the workbook, students should be able to:*

1. Discuss the process of completing the history and physical examination.
2. Describe patient reliability and factors that may affect accuracy of data collected.
3. Describe general examination sequence.
4. Identify techniques useful for evaluation of infants and young children.
5. Discuss the functional assessment.

---

### TEXTBOOK REVIEW

**Chapter 22 Putting It All Together (pages 817–846)**

---

### CONTENT REVIEW QUESTIONS

#### Multiple Choice

*Circle the correct answer for each of the following questions.*

1. When performing a physical examination, you should consider the examination to begin:
  - a. as soon as you meet the patient.
  - b. after the vital signs are taken.
  - c. after you explain to the patient everything you are going to do.
  - d. after the patient has put on an exam gown.
2. The examiner may decide to omit various aspects of an examination. Which of the following best explains how that decision is made?
  - a. The patient is feeling ill.
  - b. The patient already knows what is wrong, and a diagnosis can be based on the history.
  - c. Certain examination steps will provide data of limited value.
  - d. Anxiety is observed by the examiner.

3. In what way can the patient's modesty be maintained while an examination is being conducted? The examiner should:
  - a. turn his or her back while the patient undresses.
  - b. keep the patient covered as much as possible during the examination.
  - c. avoid touching the patient during the examination except when absolutely necessary.
  - d. not require the patient to disrobe for the examination.
4. Which examination approach is suggested for a 14-month-old baby? The baby should be:
  - a. completely undressed and lying down on an examination table.
  - b. fully clothed and placed on the floor with toys; the examiner should conduct the examination while the child plays.
  - c. completely undressed and held by the examiner.
  - d. wearing only a diaper and sitting on his or her parent's lap.
5. Which examination technique is not generally included in the examination of a newborn infant?
  - a. percussion of the chest
  - b. palpation of the abdomen
  - c. auscultation of the lungs
  - d. inspection of the mouth and palate
6. Which of the following assists the examiner in determining the gestational age of a newborn infant?
  - a. measurement of the head circumference
  - b. percussion to determine liver size
  - c. inspection of hair distribution of the scalp
  - d. inspection of the sole of the foot
7. A patient complains of a sore throat. Which aspect of the examination could be eliminated?
  - a. vital signs
  - b. palpation of lymph nodes
  - c. deep tendon reflexes
  - d. auscultation of the heart and lungs
8. All of the following can be assessed initially during the general inspection *except*:
  - a. mobility.
  - b. nutritional status.
  - c. urinary function.
  - d. skin color.
9. What technique will most likely facilitate the examination of a small frightened girl?
  - a. Promise the child you won't hurt her.
  - b. Tell the child a story in order to distract her.
  - c. Use restraints to hold the child, but tell her you are playing a game with her.
  - d. Tell the child you will give her a toy or treat if she does not cry.
10. Which of the following aspects of examination is most relevant to the evaluation of an older adult?
  - a. functional assessment
  - b. physical measurements
  - c. developmental scoring
  - d. vital signs, including peripheral pulse examination
11. For a routine physical examination, all of the following equipment is necessary *except*:
  - a. pen light.
  - b. measuring tape.
  - c. examination gloves.
  - d. monofilament.

12. Which of the following best describes how the collection of a history should be done? It:
- is always done at the very beginning of an examination to help you identify problems.
  - is done at the end of the physical examination after you have identified problems.
  - may be done before, during, and after the examination.
  - is done only if it is relevant to the situation.

## Terminology Review

### Matching

*Mr. Walker is a 62-year-old man requiring a routine physical examination. Below is a list of some of the procedures that will be performed during the examination, as well as some of the equipment that will be needed. Match the type of equipment needed to the corresponding examination procedure. Answers may be used more than once; some procedures require more than one answer.*

#### Examination Procedure

- Red reflex
- Lung sounds
- Jugular venous pulsations
- Symmetry of muscle groups
- Gag reflex
- Thyroid
- Rectal and prostate exam
- Tympanic membrane
- Visual acuity
- Rinne and Weber tests
- Liver span
- Lymph nodes
- Heart murmurs
- Deep tendon reflex
- Romberg test
- Retinal examination
- Bowel sounds
- Tactile fremitus

#### Equipment Needed

- Eye chart (Snellen)
- Gloves
- Lubricant
- Marking pen
- Measuring tape
- Ophthalmoscope
- Otoscope
- Penlight
- Percussion hammer
- Stethoscope
- Tongue blade
- Tuning fork
- No equipment needed

**CONCEPTS APPLICATION**

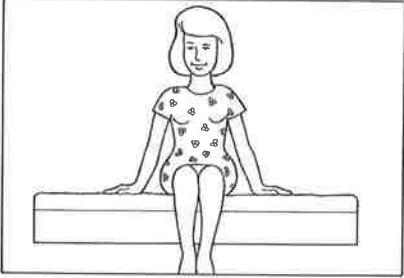
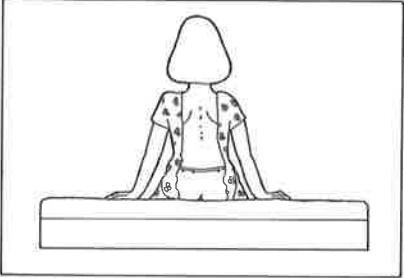
**Activity 1**

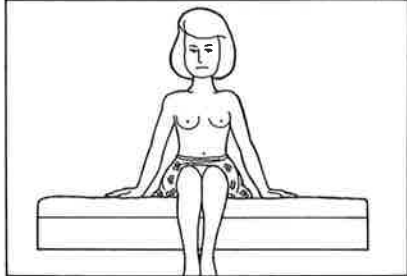
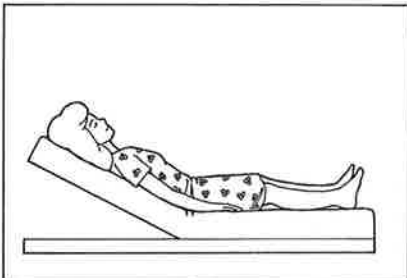
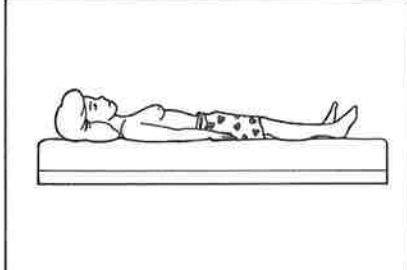
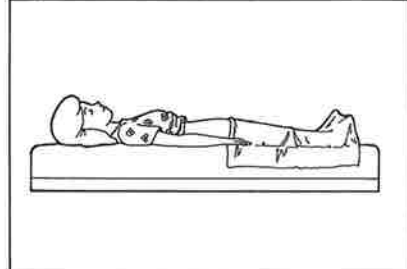
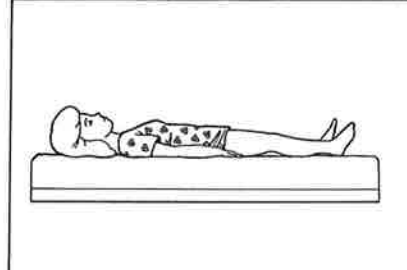
*Complete the following table by listing the body systems examined in each of the examination areas provided in the left column. Select the appropriate body systems from those provided in the box. You will use some systems more than once.*

<i>Examination Area</i>	<i>Body Systems Examined</i>
Upper extremities	
Anterior chest	
Abdomen	
Head and neck	

**Activity 2**

*Next to each patient position, list the procedures that should be included during an examination in that position. This information is provided in your textbook, but try to complete this activity as much as possible based on your memory of what you have learned.*

<i>Position</i>	<i>Examination Procedures to Be Included</i>
	
	

<i>Position</i>	<i>Examination Procedures to Be Included</i>
	
	
	
	
	

### CRITICAL THINKING

1. A 61-year-old blind female patient presents for a yearly physical examination. What type of modification, if any, should be made to individualize your examination approach and/or procedures for this individual?
  
2. A 43-year-old man presents for his 6-month physical examination. He has multiple health problems, including diabetes and coronary artery disease. From the onset of the examination, he is overbearing; he begins questioning your techniques and your abilities. He indicates that he is an important person in the community and knows many people of importance. What things can you do to gain this individual's confidence and decrease his anxiety?