

# Heart-Lung & Abdominal Exam

Check normal, circle & describe abnormal

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

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

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

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

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

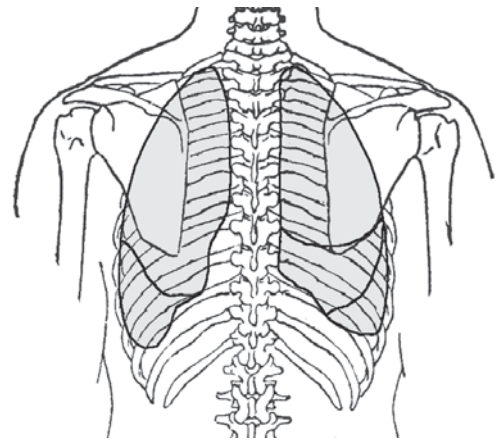
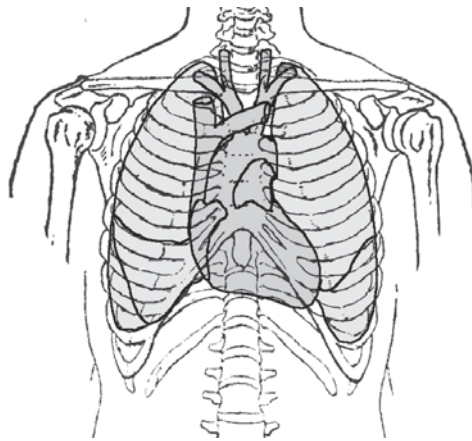
- S1 ('lub'): \_\_\_\_\_
- S2 ('dup'): \_\_\_\_\_
- Bruit: \_\_\_\_\_
- Click: \_\_\_\_\_
- Other: \_\_\_\_\_

### 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

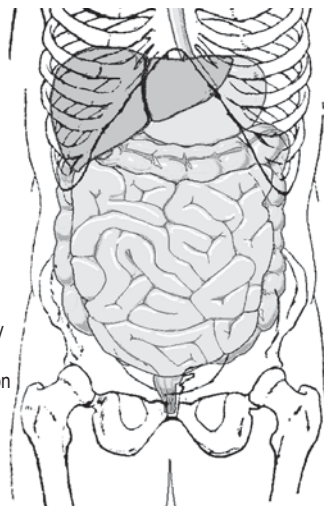
- Rigid abdomen: \_\_\_\_\_
- Rebound tenderness: \_\_\_\_\_
- Valsalva: \_\_\_\_\_
- Murphy's sign (GB): \_\_\_\_\_
- Murphy's punch (kidney): \_\_\_\_\_
- Carnett's test: \_\_\_\_\_
- Other: \_\_\_\_\_

### 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: \_\_\_\_\_