

HISTORY AND PHYSICAL EXAM

CHIEF COMPLAINT (health problem / complaint in patient's own words)

HISTORY OF PRESENT ILLNESS

chronological order of time / place of symptom(s); onset, duration, frequency, location, quality, quantity / severity, aggravating / alleviating factors, associated symptoms, self treatment, relevant laboratory values, pertinent negatives

PAST MEDICAL HISTORY

GENERAL HEALTH: date, type, outcome, complications of **CHILDHOOD ILLNESSES** (measles, mumps, rubella, whooping cough, chicken pox, rheumatic fever, scarlet fever, polio); **ADULT ILLNESSES, ACCIDENTS / INJURIES:** hospitalizations not already listed; **IMMUNIZATIONS** (DPT, MMR, polio, hepatitis B, H, influenza, S. pneumonias, varicella); **SCREENING TESTS** (hematoctrit, urinalysis, tuberculin skin test, pap smear, mammogram, occult stool blood, cholesterol)

PAST SURGICAL HISTORY

operation date, type, reason, outcome, blood transfusions, complications

FAMILY HISTORY

age, health / death of parents, siblings, spouse, children; **CHECK** diabetes, heart disease, hypertension, stroke, cancer, bleeding disorders, asthma, arthritis, tuberculosis, epilepsy, mental illness, symptoms of presenting illness

SOCIAL HISTORY

birthplace, education, employment, religion, marriage / divorce, living accommodations, persons at home, diet, exercise, hobbies

MEDICATIONS

name, dose, frequency, duration, reason for taking, compliance, availability

ALLERGIES

medications / substances causing reactions (rash, swelling, difficulty breathing, etc.)

TOBACCO, ALCOHOL, DRUGS

type, amount, frequency, duration, reactions, treatment

REVIEW OF SYSTEMS

GENERAL: weight change, fatigue, weakness, fever, chills, night sweats

SKIN: skin, hair, nail changes; itching; rashes; sores; lumps; moles

HEAD: trauma; headache location, frequency, nausea, vomiting, visual changes

EYES: glasses, contact lenses, blurriness, tearing, itching, acute visual loss

EARS: hearing loss, tinnitus, vertigo, discharge, earache

NOSE, SINUSES: rhinorrhea, stuffiness, sneezing, itching, allergy, epistaxis

MOUTH, THROAT, NECK: bleeding gums, hoarseness, sore throat, swollen neck

BREASTS: skin changes, masses / lumps, pain, discharge, self exams

CARDIAC: hypertension, murmurs, angina, palpitations, dyspnea on exertion, orthopnea, paroxysmal nocturnal dyspnea, edema, last ECG

RESPIRATORY: shortness of breath, wheeze, cough, sputum, hemoptysis,

pneumonia, asthma, bronchitis, emphysema, tuberculosis, last chest X-ray

GI: appetite, nausea, vomiting, indigestion, dysphagia, bowel movement

frequency / change, stool color, diarrhea, constipation, bleeding (hematemesis, hemorrhoids, melena or hematochezia), abdominal pain, jaundice, hepatitis

URINARY: frequency, hesitancy, urgency, polyuria, dysuria, hematuria, nocturia, incontinence, stones, infection

Maxwell Guide Physical Exam

Ying Liu



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Table of Contents Maxwell Guide Physical Exam

1. Understanding the eBook Maxwell Guide Physical Exam
 - The Rise of Digital Reading Maxwell Guide Physical Exam
 - Advantages of eBooks Over Traditional Books
2. Identifying Maxwell Guide Physical Exam
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Maxwell Guide Physical Exam
 - User-Friendly Interface
4. Exploring eBook Recommendations from Maxwell Guide Physical Exam
 - Personalized Recommendations
 - Maxwell Guide Physical Exam User Reviews and Ratings
 - Maxwell Guide Physical Exam and Bestseller Lists
5. Accessing Maxwell Guide Physical Exam Free and Paid eBooks
 - Maxwell Guide Physical Exam Public Domain eBooks
 - Maxwell Guide Physical Exam eBook Subscription Services
 - Maxwell Guide Physical Exam Budget-Friendly Options

6. Navigating Maxwell Guide Physical Exam eBook Formats
 - ePub, PDF, MOBI, and More
 - Maxwell Guide Physical Exam Compatibility with Devices
 - Maxwell Guide Physical Exam Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Maxwell Guide Physical Exam
 - Highlighting and Note-Taking Maxwell Guide Physical Exam
 - Interactive Elements Maxwell Guide Physical Exam
8. Staying Engaged with Maxwell Guide Physical Exam
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Maxwell Guide Physical Exam
9. Balancing eBooks and Physical Books Maxwell Guide Physical Exam
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Maxwell Guide Physical Exam
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Maxwell Guide Physical Exam
 - Setting Reading Goals Maxwell Guide Physical Exam
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Maxwell Guide Physical Exam
 - Fact-Checking eBook Content of Maxwell Guide Physical Exam
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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