

General Physical Examination Checklist

1. Preparation

Introduction

- ☐ Introduce yourself.
- ☐ Confirm the patient's name.

Consent

- ☐ Obtain consent.

Explanation

- ☐ Explain the examination (general exam → face → hands → neck/lymph nodes).

Environment

- ☐ Room is clean, well lit, quiet, private.

Preparation

- ☐ Ensure correct exposure.
 - ☐ Ensure correct posture.
 - ☐ Offer a chaperone.
 - ☐ Perform hand hygiene.
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2. General Inspection

General Appearance

- ☐ Alert, Conscious, Oriented to time, place, & person.
- ☐ No distress.
- ☐ Sitting/lying comfortably.

General Inspection

- ☐ Clothing clean and appropriate.
 - ☐ Facial expression calm and appropriate.
 - ☐ Normal breathing.
 - ☐ No respiratory distress.
 - ☐ No tachypnea.
 - ☐ No increased work of breathing.
 - ☐ No abnormal sounds
 - ☐ No wheeze.
 - ☐ No stridor.
 - ☐ No medical equipment attached.
 - ☐ Appropriate body habitus.
 - ☐ Speech clear.
 - ☐ No hoarseness.
 - ☐ No abnormal body odor.
 - ☐ Normal posture.
 - ☐ Normal gait.
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3. Vital Signs (Mention Only)

- ☐ Heart rate
- ☐ Respiratory rate
- ☐ Temperature
- ☐ Blood pressure
- ☐ Oxygen saturation
- ☐ BMI

4. Head Examination

Face

- ☐ Facial symmetry.
- ☐ No facial swelling.
- ☐ No plethora.
- ☐ No hyperpigmentation.
- ☐ No hypopigmentation.
- ☐ No facial deformities.

Hair

- ☐ Normal hair distribution.
- ☐ Normal hairline.
- ☐ No alopecia (optional).
- ☐ No trichotillomania (optional).

Eyebrows

- ☐ No lateral thinning.

Forehead

- ☐ No abnormalities.

Eyes

- ☐ No deformities.
- ☐ No conjunctival pallor.
- ☐ No scleral jaundice.
- ☐ No exophthalmos.

☐ No periorbital edema.

5. Mouth Examination

Palate & Mucosa

- ☐ Normal palate.
- ☐ No cyanosis.
- ☐ No mucosal jaundice.

Mouth Odor

- ☐ Normal breath odor.

Tongue

- ☐ Normal color.
 - ☐ Normal size.
 - ☐ No deviation.
 - ☐ No fasciculations.
 - ☐ No masses.
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6. Hand Examination

Inspection

Skin

- ☐ No hyperpigmentation.
- ☐ No hypopigmentation.
- ☐ No tobacco staining.

Tremor & Deviation

- ☐ No deviation.
- ☐ No essential tremor.
- ☐ No flapping tremor.

Muscle Wasting

- ☐ No muscle wasting.
 - ☐ No thenar, hypothenar wasting.
 - ☐ No interosseous wasting.

Hand Color

- ☐ No pallor.
- ☐ No peripheral cyanosis.

Skin Changes

- ☐ No coarse skin.
- ☐ No tight skin.

Hand Deformities

- ☐ No deformities.

Nails

- ☐ No nail changes.

Palpation

- ☐ Ask permission.
- ☐ Ask about pain.
- ☐ Assess temperature.
- ☐ Assess tenderness.
- ☐ Assess capillary refill (<3 sec).

Clubbing

- ☐ Schamroth window present.
 - ☐ Normal hyponychial angle.
 - ☐ Normal phalangeal depth ratio.
 - ☐ Asses nail fluctuation.
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7. Neck Examination

- ☐ No scars.
 - ☐ No neck masses.
 - ☐ No visible veins.
 - ☐ Assess JVP, thyroid gland, carotid
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8. Skin Examination

- ☐ No jaundice.
- ☐ No hyperpigmentation.
- ☐ No hypopigmentation.
- ☐ No peripheral cyanosis.
- ☐ No ulcers.
- ☐ No visible lumps or masses.

If a Lump is Present (SPACESPIT)

- ☐ Size
- ☐ Position
- ☐ Attachment
- ☐ Consistency

- ☐ Edge
 - ☐ Surface & Shape
 - ☐ Pulsation/Thrills/Bruits
 - ☐ Inflammation
 - ☐ Transillumination
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9. Hydration

- ☐ No signs of dehydration.
 - ☐ Moist oral mucous membranes.
 - ☐ Normal skin turgor.
 - ☐ No decreased urine output.
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10. Lymph Node Examination

Preparation

- ☐ Explain examination.
- ☐ Ask permission.
- ☐ Ask about pain.
- ☐ Compare both sides systematically.

Anterior Nodes

- ☐ Submental
- ☐ Submandibular
- ☐ Tonsillar
- ☐ Preauricular

- ☐ Deep cervical (upper)
- ☐ Deep cervical (middle)
- ☐ Deep cervical (lower)
- ☐ Supraclavicular
- ☐ Scalene

Posterior Nodes

- ☐ Occipital
- ☐ Postauricular
- ☐ Posterior cervical
- ☐ Neck root

Upper Limb Nodes

- ☐ Axillary
- ☐ Epitrochlear

Findings

- ☐ No palpable lymphadenopathy.
- ☐ Nodes not enlarged.
- ☐ Not tender.
- ☐ Not fixed.
- ☐ Not matted.