RS examination

By: Haneen Albnna

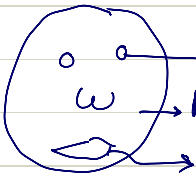
1. Introduce + explain + permission
2. chaperon
3. well led + warm + Private
4. Hand Hygine + warm Hands & equipment + Right side to Patient + OO contact
5. exposure + Position (Ubove Umbilicus + semi sitting 45° Degree) ← RS

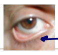
} الزامي
شوماكات
طالب الفحص

⇒ General RS

1. Allert - Conscious + Oriented to (Place + Time + Person)
2. NO Pain + NO Sign of RS distress (Tripoid - Tachypnic - Prused Lip)
3. lines + O_2 devices (O_2 mask , Face mask , Canula ,)
4. NO abnormal sounds (Wheeze , stridor)

Vital signs (BP , Bulse oximeter , HR , RS rate , Temprature , BMI)



→ Colour ← Jaundice  ← اطلع تحت وارفع
Horner $ (Ptosis - Myosis - Anhydrosis)
Pallor  ← اطلع فوق ونزل

→ Periphral cyanosis

→ central cyanosis (ارفع لسانك) + Ulcers + Dental Hygine

Dry or sweat + Temprature + Colour (Periphral cyanosis - Palmar erythema - Pallor - Tar stain in tobacco)
small muscle wasting → Radial Pulse → wrist tenderness ← كل الترتيب +هلك لماشي جمب بعض
Capillary refill (within 2 sec , 5s .....) → yellow Nail + Clubbing (4) → Tremor (flabbing , fine)

قبل كل وحده
NO Scars , masses , Dilated veins .

then JVP + lymph nodes

✱ اهم شي اذا طلبوا Ⓐ Ⓟ لازم تفحص lattral و Ⓟ و lattral Ⓐ (احكيله ارفع ايدك او يحط  لتبين انك بتفحص ال lattral / كلف ى 7 ↓

Ⓐ chest

Inspection (foot of bed) :-

1. خذ نفس
2. Symmetrical Bilateral chest movement with breathing
3. Normal Pattern of breathing Abdo - thoraco
4. Normal shape A-P < lateral → eliptical
5. Deformities (Pectus carinatum - Pectus excavatum - Barell chest)
6. Accessory Muscle Use (Trapezius , Pectoralis major , Scalene , sternocleidomastoid , Intercostal)

Ⓟ chest

Inspection (foot of bed) :-

1. خذ نفس
2. Symmetrical Bilateral chest movement with breathing
3. Normal Pattern of breathing Abdo - thoraco
4. Normal shape A-P < lateral → oval - eliptical
5. Deformities (Skiliosis - kyphosis - Barell chest)
6. Accessory Muscle Use (Trapezius , Pectoralis major , Scalene , sternocleidomastoid , Intercostal)

Inspection (Right side to Patient) :-

7. NO Scars, swelling, Superficial Nodules, Dilated veins, N Hair distribution (8 تنس ال latteral)

Inspection (Right side to Patient) :-

7. NO Scars, swelling, Superficial Nodules, Dilated veins, N Hair distribution

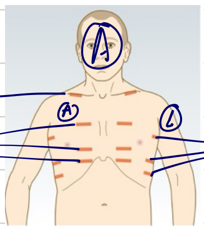
Palpation :- (only superficial) + Right sided

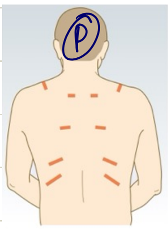
ك الترتيب من ال Thorax ⟶ Mediastinum

→ **Upper mediastinum**
- → Tracheal deviation  Index
  - التعليق ⇒ Trachea is centrally located / OR NO Deviation
- → Tracheal tug خذ نفس (by Inspection)
  - التعليق ⇒ NO Tracheal tuge
- → Cricosternal distance 
  - التعليق ⇒ Cricosternal distance is about 4-5 cm ≈ 3 fingers

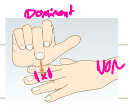
→ **lower mediastinum**
- → Apex beat كيف تعل → Angle of louis → left 2nd Intercostal space —تتصل→ 5th Intercostal midClavicular
  - gentaly tapping ← بثلاث اصابع تقريبًا
  - التعليق ⇒ Gentaly tapping Apex beat on 5th Intercostal midClavicular line
- heave NOT normal → Right ventricular heave كيف تعل → left Parasternal + Palm ايدك مفتوحه وتحس بال → اذا موجود ⊕ تحس بالقلب يدفع كفك لأعلى ↓ بتشوفها بـ Pulmonary HTN, Cor pulmonale
  - التعليق ⇒ NO Right ventricular heave

→ **Thorax**





اصبعا يمين ← يسار (التزم بالترتيب)
" ثم "



التعليق ⇒ NO Superficial masses, NO subcutenous emphysema, Tenderness

وحنا لهاده 8 تنسى ال latteral

→ **TVF** by 2 fingers + say 44 كل ما الطالب + ↑ ك نفس اماكن
- التعليق ⇒ NO increased / decreased TVF – Symmetrical Bilatteral TVF

→ **Chest expansion** in 2 placeses Ⓐ < bleow the nipple / (6th حوالي) وجد ين لتحت ثوي
- 1 place Ⓟ 6–8th rib level
- + خذ fold من ال skin
- * لم تحكي خذ نفس وطلعه وارجع خذ نفس (مهم جدًا)
- التعليق ⇒ symmetrical Bilatteral chest expansion of about 5cm (2.5 for each)

Percussion → hyperextenion for fingers + 2tab

التعليق ⇒ Bilatteral symmetrical resonant percussion all over the chest

مهم وانت تفحص Posterior خليه يضم ايديه لقدام

Auscultation → ↑ حط السماعة على نفس اماكن الصورة

- → **Breathing sound** — بكليه على ما احط السماعة خذ نفس من ثمك
  - التعليق → Bilatteral symmetrical good air entery with Bilatteral symmetrical vesicular Breathing No added sound (Wheeze, Crackles) + inspiratory phase is longer than expiratory
  - (لازم تحكيها كاملة كل جزء عليها علامة)

- → **Vocal resonance** — على ما احط السماعة احكي 44
  - التعليق → symmetrical Bilatteral vocal ressonance

- → **Whispering** — على ما احط السماعة احكي بالهمس 44
  - التعليق → NO Whispering Pectoriloquy

- → **Egophony** — على ما احط السماعة احكي E → in consolidation become A
  - التعليق → NO aegophony

بالأخير بحكي → I would like to complete my exam by examination

1. lower limb + sacral pitting edema
2. The Abdomen for hepatosplenomegaly
3. The lower limb for sign of DVT