

General Multi-System Examination

System/Body Area	Elements of Examination
Constitutional	<ul style="list-style-type: none"> Measurement of any three of the following seven vital signs: 1) sitting or standing blood pressure, 2) supine blood pressure, 3) pulse rate and regularity, 4) respiration, 5) temperature, 6) height, 7) weight (May be measured and recorded by ancillary staff) General appearance of patient (e.g., development, nutrition, body habitus, deformities, attention to grooming)
Eyes	<ul style="list-style-type: none"> Inspection of conjunctivae and lids Examination of pupils and irises (e.g., reaction to light and accommodation, size and symmetry) Ophthalmoscopic examination of optical disc (e.g., size, C/D ratio, appearance) and posterior segments (e.g., vessel changes, exudates, hemorrhages)
Ears, Nose, Mouth and Throat	<ul style="list-style-type: none"> External inspection of ears and nose (e.g., overall appearance, scars, lesions, masses) Otoscopic examination of external auditory canals and tympanic membranes Assessment of hearing (e.g., whispered voice, finger rub, tuning fork) Inspection of nasal mucosa septum and turbinates Inspection of lips, teeth and gums Examination of oropharynx: oral mucosa, salivary glands, hard and soft palates, tongue, tonsils and posterior pharynx
Neck	<ul style="list-style-type: none"> Examination of neck (e.g., masses, overall appearance, symmetry, tracheal position, crepitus) Examination of thyroid (e.g., enlargement, tenderness, mass)
Respiratory	<ul style="list-style-type: none"> Assessment of respiratory effort (e.g., intercostal retractions, use of accessory muscles, diaphragmatic movement) Percussion of chest (e.g., dullness, flatness, hyperresonance) Palpation of chest (e.g., tactile fremitus) Ascultation of lungs (e.g., breath sounds, adventitious sounds, rales)
Cardiovascular	<ul style="list-style-type: none"> Palpation of heart (e.g., location, size, thrills) Ascultation of heart with notation of abnormal sounds and murmurs Examination of: <ul style="list-style-type: none"> carotid arteries (e.g., pulse amplitude, bruits) abdominal aorta (e.g., size, bruits) femoral arteries (e.g., pulse amplitude, bruits) pedal pulses (e.g., pulse amplitude) extremities for edema and/or varicosities
Chest (breasts)	<ul style="list-style-type: none"> Inspection of breasts (e.g., symmetry, nipple discharge) Palpation of breasts and axillae (e.g., masses or lumps, tenderness)
Gastrointestinal (Abdomen)	<ul style="list-style-type: none"> Examination of abdomen (with notation of presence of masses or tenderness) Examination of liver and spleen Examination for presence or absence of hernia Examination of anus, perineum and rectum, including sphincter tone, presence of hemorrhoids, rectal masses Obtain stool sample for occult blood test when indicated
Genitourinary - MALE	<ul style="list-style-type: none"> Examination of the scrotal contents (e.g., hydrocele, spermatocele, tenderness of cord, testicular mass) Examination of the penis Digital rectal examination of the prostate gland (e.g., size, symmetry, nodularity, tenderness)
FEMALE	Pelvic examination (with or without specimen collection for smears and cultures), including: <ul style="list-style-type: none"> Examination of external genitalia (e.g., general appearance, hair distribution, lesions) and vagina (e.g., general appearance, estrogen effect, discharge, lesions, pelvic support, cystocele, rectocele) Examination of urethra (e.g., masses, tenderness, scarring) Examination of bladder (e.g., fullness, masses, tenderness) Examination of cervix (e.g., general appearance, lesions, discharge) Examination of uterus (e.g., size, contour, position, mobility, tenderness, consistency, descent or support) Adnexia/parametria (e.g., masses, tenderness, organomegaly, nodularity)
Lymphatic	Palpation of lymph nodes in two or more areas; <ul style="list-style-type: none"> Neck Axillae Groin Other
Musculoskeletal	<ul style="list-style-type: none"> Examination of gait and station Inspection and/or palpation of digits and nails (e.g., clubbing, cyanosis, inflammatory conditions, petechiae, ischemia, infections, nodes) Examination of joints, bones and muscles of one or more of the following six areas: 1) head and neck; 2) spine, ribs and pelvis; 3) right upper extremity; 4) left upper extremity; 5) right lower extremity; 6) left lower extremity. The examination of a given area includes: <ul style="list-style-type: none"> Inspection and/or palpation with notation of presence of any misalignment, asymmetry, crepitation, defects, tenderness, masses, effusions Assessment of range of motion with notation of any pain, crepitation or contracture Assessment of stability with notation of any dislocation (luxation), subluxation or laxity Assessment of muscle strength and tone (e.g., flaccid, cog wheel, spastic) with notation of any atrophy or abnormal movements
Skin	<ul style="list-style-type: none"> Inspection of skin and subcutaneous tissues (e.g., rashes, lesions, ulcers) Palpation of skin and subcutaneous tissue (e.g., induration, subcutaneous nodules, tightening)
Neurologic	<ul style="list-style-type: none"> Test cranial nerves with notation of any deficits Examination of deep tendon reflexes with notation of pathological reflexes (e.g., Babinski) Examination of sensation (e.g., by touch, pin, vibration, proprioception)
Psychiatric	<ul style="list-style-type: none"> Description of patient's judgement and insight Brief assessment of mental status including: <ul style="list-style-type: none"> orientation as to place, time, and person recent and remote memory mood and affect (e.g., depression, anxiety, agitation)

Comprehensive - at least nine organ systems or body areas - all elements within each system

Detailed - At least six organ systems with at least 2 bullets from each OR 12 bulleted items

Expanded - At least six bulleted items

Focused - one to five bulleted items