

CHARTING EXAMPLES FOR PHYSICAL ASSESSMENT

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SKIN, HAIR AND NAILS

Skin pink, warm, dry and elastic. No lesions or excoriations noted. Old appendectomy scar right lower abdomen 4 inches long, thin, and white. Sprinkling of freckles noted across cheeks and nose. Hair brown, shoulder length, clean, shiny. Normal distribution of hair on scalp and perineum. Hair has been removed from legs, axillae. Nails form 160 degree angle at base, are hard, smooth, and immobile. Nailbeds pink without clubbing. Cuticles smooth, no detachment of nailplate. Hands well-manicured with clear enamel.

HEAD AND NECK

Head symmetrically round, hard, and smooth without lesions or bumps. Face oval, smooth, and symmetrical. Temporal artery elastic and nontender. Temporomandibular joint palpated with full range of motion without tenderness. Neck symmetric with centered head position and no bulging masses. C7 is visible and palpable with neck flexion. Has smooth, controlled, full range of motion of neck. Thyroid gland nonvisible but palpable when swallowing. Trachea in midline. Lymph nodes nonpalpable.

EYE AND EAR

Acuity by Snellen chart O.D. 20/20, O.S. 20/20. Visual fields full by confrontation. Extraocular movements smooth and symmetric with no nystagmus. Eyelids in normal position with no abnormal widening or ptosis. No redness, discharge, or crusting noted on lid margins. Conjunctiva and sclera appear moist and smooth. Sclera white with no lesions or redness. No swelling or redness over lacrimal gland. Cornea is transparent, smooth, and moist with no opacities, lens is free of opacities. Irises are round, flat, and evenly colored. Pupils are equal in size and reactive to light and accommodation. Pupils converge evenly. Ears are equal in size bilaterally. Auricles are aligned with the corner of each eye. Skin smooth, no lumps, lesions, nodules. No discharge. Nontender on palpation. Small amount of moist yellow cerumen in external canal. Whisper test : patient repeats 2 syllable word.

MOUTH, THROAT, NOSE, AND SINUS

Lips pink, smooth, and moist without lesions. Buccal mucosa pink, moist,

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Lynda Juall Carpenito-Moyet



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