# LECTURE 1

# LECTUREGENERAL PHYSICAL EXAMINATION (G.P.E)

Important points:

1. Come to right side of the patient.
2. Greet the pt. and introduce yourself.
3. Take consent from the pt.
4. Properly expose the pt.
5. After examination is done, cover the pt. and say thanks.

A physical examination, medical examination, or clinical examination (more popularly known as a check-up) is the process by which a medical professional investigates the body of a pt. for signs of disease.

It generally follows the taking of the medical history- an account of the symptoms as experienced by the pt.
Together with medical history, the physical examination aids in determining the correct diagnosis and devising the treatment plan. This data then becomes part of the medical record.

G.P.E. involve:

- General appearance
- Hand examination
- Nails examination
- Finger examination
- Palm examination
- Vital signs
- Axillary lymph node examination
- Face examination
- Neck examination
- Feet examination

*Systemic Examination

1- Palpation: touch and feel with hands the area that is in pain.
2- Auscultation: listening to the different part of the body using the stethoscope. Hearing the strength rhythm and frequency of heart sounds, lung sounds and abdominal or bowel sounds.
3- Inspection: is the thorough and unhurried visualization of the client. This requires the use of the naked eye.
4- Percussion: is a method of tapping on a surface to determine the underlying structure and is used in clinical examination to assess the condition of the thorax or abdomen.

*Investigations

*Diagnosis

*Treatment

*Follow up