

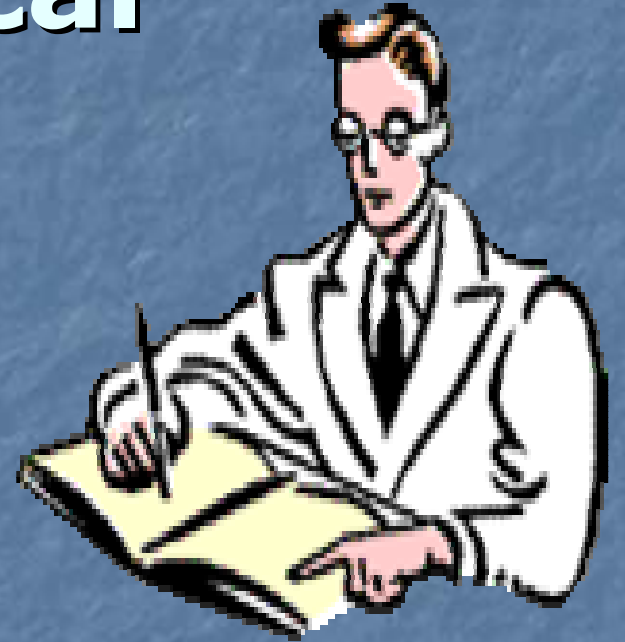
# Selected Material History & Physical Examination

الدكتور

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# Introduction

- Clinical methods, the skills that doctors use in clinical medicine, are acquired during a lifetime of practice.
- They evolve and change as new techniques and concepts arise.

# General Ethics

- **Be pleasant**
- **Introduce yourself to the patient.**
- **Ask for permission to examine.**
- **Always do the female patient physical examination chaperoned.**

# General Ethics

- **Explain to the patient what are you going to do before you actually do it.**
- **Thank the patient at the end of you examination.**



# General Considerations

- Privacy for the patient is essential.
- The patient **must** be properly undressed and gowned for examination.
- The examination room **must** be quiet to perform adequate percussion and auscultation.
- Try to visualize the underlying anatomy as you examine the patient

# Clinical Pearls

- Avoid tunnel vision when taking a history or examining patients.
- As it is often said look at the patient as a whole not through a hole

# The Temperature

■ Normal	36.6-37.2 C	(98-99 F)
■ Subnormal	< 36.6 C	(98 F)
■ Febrile	> 37.2 C	( >99 F)
■ Hyperpyrexia	> 41.6	(>107 F)
■ Hypothermia	< 35 C	(< 95 F)

# Conversion Between Centigrade & Fahrenheit Scales

- The Centigrade (Celsius) scale is preferred
- To convert Fahrenheit to Centigrade:

$$XF - 32 \times \frac{5}{9}$$

- To convert Centigrade to Fahrenheit:

$$XC \times \frac{9}{5} + 32$$



# Dyspnea ?

Breathlessness inappropriate to the level of physical exertion, or even occurring at rest is called ***dyspnea***

# Cardiac History

- Dyspnea
- Palpitation
- Chest pain
- Previous illnesses
- Smoking & other habits
- Family history
- Fatigue