Detailed contents

1	Communication skills	1
	Introduction 2 Essential considerations 4 Essential rules 6 Getting started 7 General principles 9 Communicating with deaf patients 12 Cross-cultural communication 13 Interpreters 14 Imparting information 15 The importance of silence 15 Angry patients 15 Telephone and e-mail communication 16 Talking about sex 16 Breaking bad news 17 Body language: an introduction 21 Written communication 23 Law, ethics, and communication 26	
2	The history	29
	History-taking 30 Using this book 31 Patient profile (PP) 31 Chief complaint (CC) 32 History of present illness (HPI) 33 Past medical history (PMH) 35 Allergies 36 Drug history 36 Alcohol 37 Smoking 38 Family history (FH) 39 Social history (SH) 41 Review of systems (ROS) 42 The elderly patient 43 The pediatric patient 45	
3	General examination Approaching the physical examination 48 First impressions 50 Preparing for the examination 50 Color 51 Temperature 53	47

xiv DETAILED CONTENTS

	Hydration 54 Edema 55 Nutritional status 56 Lymph nodes 58 Hands 62 Recognizable syndromes 68 Vitamin and trace element deficiencies 70 The elderly patient 72	
4	Skin, hair, and nails Applied anatomy and physiology 76 Dermatological history 78 Hair and nail symptoms 80 Examining the skin 82 Describing a lesion 84 Examining a lump 88 Examining an ulcer 90 The elderly patient 92	7.
5	Endocrine system Applied anatomy and physiology 96 Presenting symptoms in endocrinology 98 The rest of the history 100 General examination 102 Examining the thyroid 104 Eye signs in thyroid disease 106 Examining the patient with diabetes 108 The fundus in endocrine disease 110 Important presenting patterns 114	9.
6	Ear, nose, and throat Applied anatomy and physiology 120 Symptoms of ear disorders 122 Tinnitus 124 Symptoms of nasal disorders 127 Symptoms of throat disorders 129 Examining the ear 132 Examining the nose 135 Examining the nasal sinuses 137 Examining the mouth and throat 138 Important presentations 141	11'
7	Cardiovascular system Applied anatomy and physiology 146 Chest pain 148 Breathlessness and edema 150	14.

Palpitations 152 Syncope 152 Other cardiovascular symptoms 153 The rest of the history 154
General inspection and hands 155 Peripheral pulses 157 The face and neck 161 Examining the precordium 165 Auscultating the precordium 167 The rest of the body 173 Important presenting patterns 175
The elderly patient 179

Respiratory system

181

Applied anatomy and physiology 182 Dyspnea 184 Cough and expectoration 185 Other respiratory symptoms 187
The rest of the history 188
General appearance 190 Hands, face, and neck 191 Inspection of the chest 193 Palpation 194
Percussion 196 Auscultation 198 Important presenting patterns 200 The elderly patient 201

Abdomen

203

Applied anatomy 204 Esophageal symptoms 206 Nausea, vomiting, and vomitus 208 Abdominal pain 210 Bowel habit 212 Jaundice and pruritus 216 Abdominal swelling 217 Urinary and prostate symptoms 218 Appetite and weight 220 The rest of the history 221 Outline examination 223 Hand and upper limb 224 Face and chest 226 Inspection of the abdomen 229 Auscultation 231 Palpation 232 Palpating the abdominal organs 233 Percussion 239 Rectal examination 241

xvi DETAILED CONTENTS

Hernial orifices 243 Important presenting patterns 246
The elderly patient 252

10 Nervous system

Presenting symptoms in neurology 256 The rest of the history 258 The outline examination 259 General inspection and mental state 259

Speech and language 260 Cognitive function 262 Cranial nerve I: olfactory 263

Cranial nerve II: optic 264
Cranial nerve II: ophthalmoscopy 268

Pupils 273 Cranial nerves III, IV, and VI 276

Palsies of cranial nerves III, IV, and VI 280

Cranial nerve V: trigeminal 283
Cranial nerve VIII: facial 285
Cranial nerve VIII: vestibulocochlear 287

Cranial nerves IX and X 289 Cranial nerve XI: accessory 291 Cranial nerve XII: hypoglossal 293 Motor: applied anatomy 294

Motor: inspection and tone 296 Motor: upper limb power 298 Motor: lower limb power 300

Tendon reflexes 302

Other reflexes 305 Primitive reflexes 307

Sensory: applied anatomy 308

Sensory examination 312

Coordination 315

Some peripheral nerves 317

Gait 321

Important presenting patterns 323
The unconscious patient 331 The elderly patient 334

11 Musculoskeletal system

Applied anatomy and physiology 338 Important locomotor musculoskeletal symptoms 340 The rest of the history 344 Outline examination 346 GALS screen 347 Elbow 349 Shoulder 351 Spine 354

255

337

	Hip 356 Knee 358 Ankle and foot 363 Important presenting patterns 365 The elderly patient 373	
12	Male reproductive system Applied anatomy and physiology 376 Sexual history 378 Symptoms 379 Examining the male genitalia 381 Important presenting patterns 386 The elderly patient 388	375
13	Female breast Applied anatomy and physiology 392 Important symptoms 394 Inspection of the breast 397 Palpation of the breast 399 Examining beyond the breast 402 Important presentations 404	391
14	Female reproductive system Applied anatomy 408 Applied physiology 411 History-taking in gynecology 413 Abnormal bleeding in gynecology 415 Other symptoms in gynecology 419 Outline gynecological examination 423 Pelvic examination 424 Taking a cervical smear 430 History-taking in obstetrics 433 Presenting symptoms in obstetrics 437 Outline obstetric examination 441 Abdominal examination 442 The elderly patient 447	407
15	Psychiatric assessment Approach to psychiatric assessment 450 History 452 Mental status examination 458 Physical examination 466 Important presenting patterns 467 Medical conditions with psychiatric symptoms and signs	449 476

xviii DETAILED CONTENTS

16	Pediatric assessment	479
	History-taking 480 Examination: an approach 482 Respiratory system 484 Ear, nose, and throat 488 Cardiovascular system 490 Abdomen and gastrointestinal system 493 Palpation 495 Nervous system 497 Developmental assessment 500 The newborn 502	
17	Examination under special circumstances	507
	Overview 508 Disasters, terrorism, and public health emergencies 509 Sexual assault 510 Other thoughts 510	
18	Practical procedures	511
	Using this chapter 512 Infiltrating anesthetic agents 512 Sterility and preparation 513 Hand-washing 514 Injections 516 Venipuncture 518 Peripheral IV catheterization 522 Setting up an infusion 524 External jugular vein catheterization 526 Central venous catheterization 527 Blood pressure measurement 531 Recording a 12-lead ECG 533 Arterial blood gas sampling 535 Peak flow measurement 537 Inhaler technique 538 Oxygen administration 544 Basic airway management 547 Tracheostomy management 555 Endotracheal (ET) intubation 557 Noninvasive ventilation (NIV) 559 Pleural fluid sampling (thoracentesis) 561 Chest tube insertion 563 Nasogastric (NG) tube insertion 567 Ascitic tap 569 Abdominal paracentesis (drainage) 571 Male urethral catheterization 573 Female urethral catheterization 575 Suprapubic catheterization 577	

DETAILED CONTENTS xix

Basic suturing 579 Lumbar puncture 581 Pericardial aspiration 583 Defibrillation 584 Knee joint aspiration 588

19 Data interpretation

591

ECG: introduction 592
Chest X-rays: introduction 616
Abdominal X-rays: introduction 641
Radiology: pelvis 646
Radiology: hips and femurs 648
Radiology: knees 650
Radiology: shoulder 652
Radiology: cervical spine 654
Radiology: thoracic and lumbar spine 656
Lung function tests 658
Arterial blood gas analysis 663
Cerebrospinal fluid (CSF) 667
Urinalysis 669
Pleural and ascitic fluid 671

Index 673