# Internal Medicine (Physical Examination)

#### **Overall Condition of the Patient**

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### "STATUS PRAESENS"

- Main "objective" findings:
  - Blood Pressure (norm. to 139/89 mm Hg)
  - Periferal Puls (frequency, regular/irregular, norm: 60-90/min)
  - Body Temperature fever more than 38 stC, "subfebrilie" - 37-38 stC
  - Frequency of breathing
  - Hight
  - Weight

### Consciousness

#### Disturbances of consciousness

#### • Quantitative disturbances:

- short duration SYNCOPE
- long duration
  - SOMNOLENCE patient is sleepy, but can be awakened
  - SOPOR (STUPOR) patient is in deep sleep, cannot be fully awakened, but reacts on strong painful stimuli
  - COMA complete alteration of consciousness, reflexes are diminished or lost

 Qualitative disturbances: disturbances of sleeping, hallucinations, delirium, agitation, orientation of WHO..., WHERE... and WHAT DATE.....etc Position, Abnormal Movements and Body Habitus

- Active position
  Pasive position
  Obligatory posture
- Disturbances of Gait
  Tremor (shaking)
  Convulsions

## Position – abnormal (Obligatory posture)

**Ortopneic** – sitting position with the head propped up with pillows (<u>left heart insufficiency</u>)

- Restless, unquiet the patient is restless, changing position, unquiet (<u>colica biliaris</u>, <u>colica renalis</u>)
- **Supine position** the patint prevents movements (peritonitis)
- Lying on one side the patient is lying on the side of pathological process trying to reduce pain from the breathing motion of the affected side (pleuritis)

**"on all four extremities"** – the patient reduces pain from intraabdominal tumors (<u>tumor of</u> <u>pancreas</u>)

## **Obligatory posture**

• Ortopneic posture



#### Pasive posture



## **Body Habitus**

- Normostenics
- Astenics (lean, slender people)
- Pycknics (hyperestenics, obese people)
- Cachexia patological weight loss

Changes in Voice and Disturbances of Speach

• A coarse voice (hypothyreoidism) Aphonia – a complete loss of speach Aphasia – an inability to form words (cerebral damage) • Dysarthria (a defect in articulation)

## Moisture and Color of Skin and Skin Eruptions

- Pallor (anaemia, decreased number of red cells)
- Jaundice (icterus, increase level of bilirubin in blood)
- Cyanosis (violet coloration, when reduced blood hemoglobin exceeds 50g/l)
- o Rashes
- Bleeding into the skin
- Edema (swelling)

#### Skin Colour

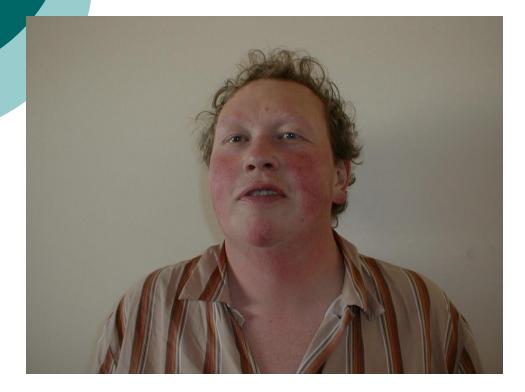
# PallorANEMIA

## Raynaud's disease (decreased flow in small arteries)





## "Rubor" – redness of the skin





### Cyanosis – violet to bluisch coloration of the skin

heart or/and pulmonary disease





### Icterus (Jaundice)

#### • Liver disease





## Icterus (Jaundice)



### Disorders of Pigmentation – Lack of Pigment

## Local – vitiligo Global - albinism





## Increased skin pigmentation

#### Disease of veins

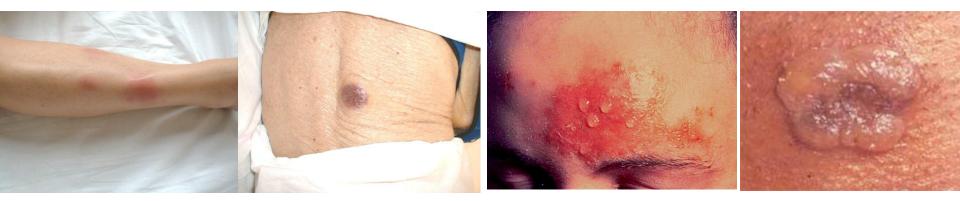
#### Hypocorticolism





## Skin pathological formations

Macula = flat Papula = prominent Vesicula = blister Pustula = blister with infection



## **Skin Bleeding**

Petechiae – decreased number of trombocytes
Suffusions, ecchymoses – flat, larger areas
Hematoma – collection of blood that extends
into deeper tissuees



### Skin Turgor

#### Dehydratation (decreased skin turgor)





### Sweling (Edema)

## Accumulation of fluid (heart disease, liver disease atc..)





## Swelling (Edema)

#### Disease of vessels



#### Nails

Nails in patients with pulmonary and/or heart disease

#### onychomykosis (fungi)

