

General Appearance/Assessment

Hair

Check for recent or sudden unexpected hair loss, commencement of new drugs, hypothyroidism

Eyes

Corneal Arcus,
Ocular Sclerae,
Conjunctiva,
Xanthlasma

Nose

Deformity,
Loss of sense of
smell (Covid
symptom),
Breathing
difficulties

Mouth

Angular Cheilosis,
Cyanosis,
Glossitis,
Dentition,
Mouth ulcers,
Dehydration,
Candida,
Cold sores

General Appearance/Assessment

Eyeball

Pallor, Plethora,
obvious jaundice,
Cyanosis, sunken
eyes, obvious
breathlessness,
Dry or moist skin,
Physical deformity

Disease Characteristics

Parkinson's disease,
Acromegaly,
Downs Syndrome,
Obesity, Frailty

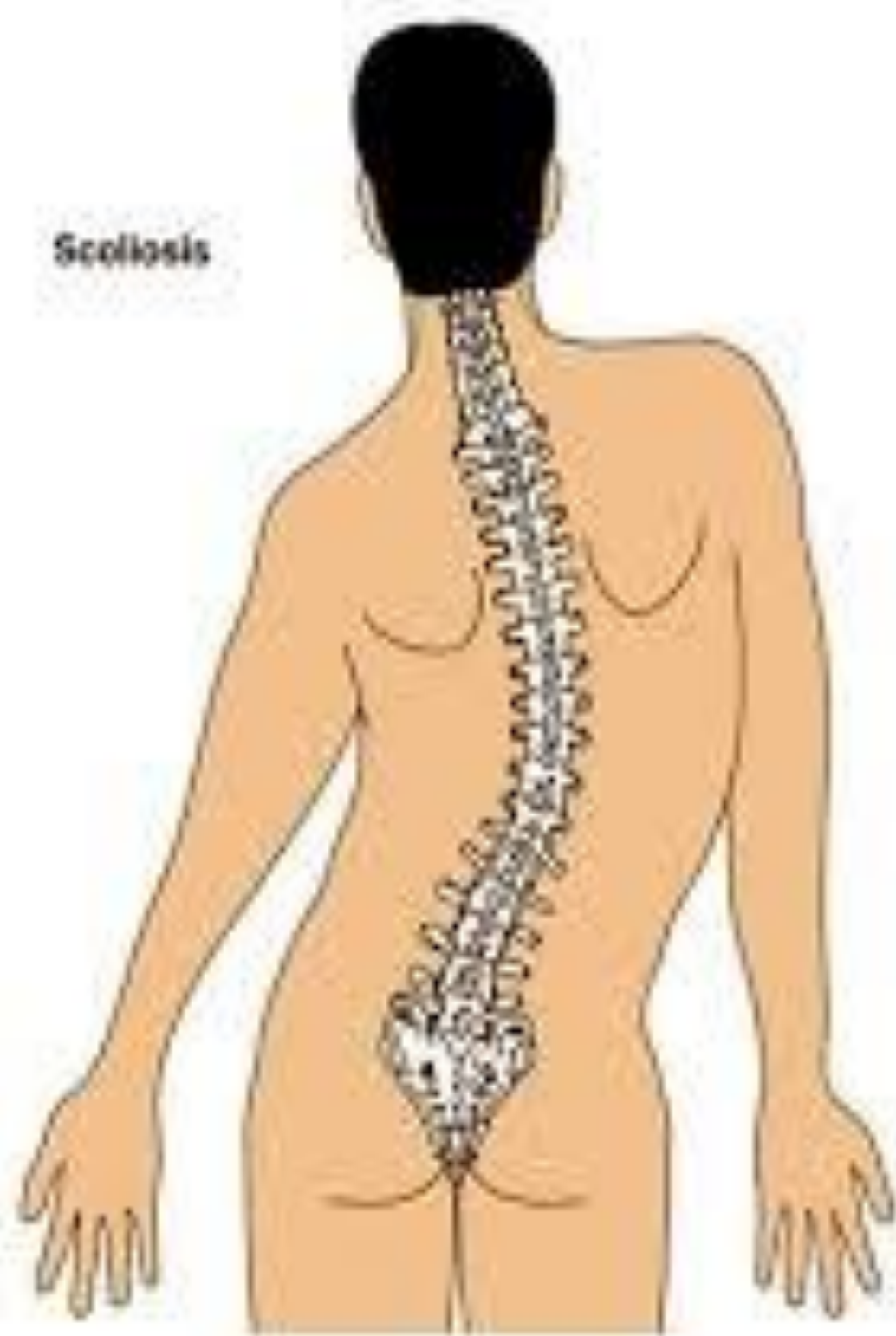
The Hands

Clubbing,
Koilonychia, Hand
temperature,
Capillary refill,
Palmar Erythema,
Palmar creases,
Splinter
hemorrhages, CO2
retention, Tremor,
Flap Tremor

Have the Observations

Blood Pressure,
Pulse,
Oxygen Saturation,
Respiration,
Oxygen Saturation,
Conscious level.
NEWS 2 Score

Scoliosis



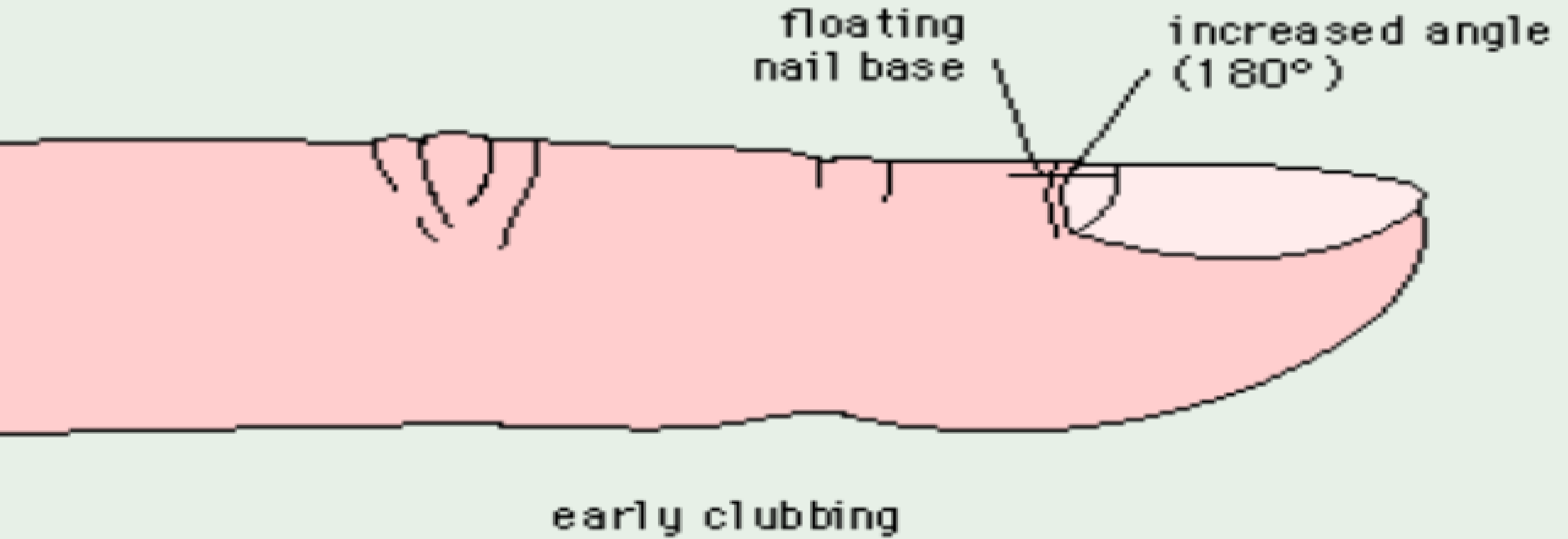
Kyphosis



Stages of hypertension –
WHO guidelines
BP for Adults aged 18 yrs+

	Systolic	Diastolic
Normotensive	<120	<80
Pre-hypertension	120-139	80-89
Stage 1 (mild)	140-159	90-99
Stage 2 (moderate)	160-179	100-109
Stage 3 (severe)	180-209	110-119
Stage 4 (very severe)	>210	>120

Clubbing





Disorders Some common causes of clubbing

Pulmonary

- Bronchial carcinoma
- Chronic pulmonary sepsis
 - Empyema
 - Lung abscess
 - Bronchiectasis
 - Cystic fibrosis
- Cryptogenic fibrosing alveolitis
- Asbestosis

Cardiac

- Congenital cyanotic heart disease
- Bacterial endocarditis

Other

- Idiopathic/familial
- Cirrhosis
- Ulcerative colitis
- Coeliac disease
- Crohn's disease