CONNECTING PSYCHOSOCIAL FACTORS IN BIOLOGICAL MECHANISMS
(MIDUS II, PROJECT 4) Protocol #03-710-03

PHYSICAL EXAMINATION

Date: 
Name: 
Medical Record #: 
ID #: 
Site #: 

Completed by: 
Section 1: vital signs, recorded on GCRC flow sheet by GCRC nurses, copied to this form by project staff. 
Sections 3: project staff 
Sections 2 & 4 -12: project RN
   1) Patient in a gown, may wear underwear; no breast, genital, or rectal exams
   2) Equipment needed: Otoscope, tuning forks (128 & 256), hammer, stethoscope, Gulik II measuring tape.

Project Medical Staff:
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_________________________________________  ________________________________________
(RN, Signature & Date)  (MD, Signature & Date)
1. **Vital signs** (from GCRC flow sheet):
   a. Height __________ (centimeters to 1 decimal)
   b. Weight__________ (kilograms to 1 decimal)
   c. Temp __________ (centigrade)
   d. Pulse _________ (60 second equivalent)
   e. Respiration rate_________
   f. BP (sitting): 1st _____/_____ 2nd _____/_____ 3rd _____/_____
   g. Average BP (2 most similar of above) _____/_____
b. Visual acuity (uncorrected): R 20/_____ L 20/_____
   If unable, state reason: __________________________

Does R wear glasses/contacts (circle one)? YES NO (go to Q 3c)

Visual acuity (corrected): R 20/____ L 20/____ Corrective lenses not available

c. Peak flow __________L/min (circle one) Standing Sitting
   If unable, state reason: __________________________

d. Is R in a wheelchair? NO (go to Q 3f) YES

e. Is R able to walk? NO (STOP here) YES

f. Does R use assistive device to walk? NO (go to Q 3h) YES

g. What device does R use? (circle one) Walker Crutches Cane Other

h. 50 foot walk time:
   If unable, state reason: __________________________
   Trial #1 ___________(seconds)
   Trial #2 ___________(seconds)

i. Chair stands: ___________(seconds)
   If unable, state reason: __________________________
Did MD complete Physician H & P?  NO  YES

RN/Clinician

4. General
Sex:  Male  Female
Attitude toward examination:  relaxed, average, nervous, depressed mood

5. Integument:
Hair:  distribution (decreased):  normal, frontal balding (min/mod/total), patchy alopecia, wig
       texture:  average, thinner, thicker
       color:  brown, blond, red, black, dyed, other
       grey:  none, 25, 50, 75, 100 %
Skin:  lesions:  none, acne, hives, keratoses, petechia, telangiectasia, nodules, scars, striae,
       tattoos, cuts, burns, self-induced

6. Ears:
Hearing:  finger rub:  normal;  R / L decreased
          tuning fork:  normal;  R / L decreased
Bone conduction (tuning fork):  normal;  R decreased / L decreased
Hearing aide: none, (R / L)
Pinnae:  no crease, ear crease (R / L), erythema (R / L), ulceration (R / L), hairy (R / L)
External canal:  normal (R / L), erythema (R / L), discharge (R / L),
          Occlusion:  R (0, 25, 50, 75, 100%)
          L (0, 25, 50, 75, 100%)
Drum:  average (R / L), erythema (R / L), perforation (R / L), discharge (R / L), scars (R / L)

7. Nose:
Sinus tenderness:  normal, maxillary (R / L), frontal (R / L)

8. Mouth:
Teeth:  Number remaining _________
Condition:  carries (none, 10, 25, 50, 75, 100%)
          fillings (none, 10, 25, 50, 75, 100%)
          alignment:  excellent, moderate, extensive (malocclusion)
          upper plate / lower plate
          upper partial / lower partial

As an adult, when and how did you lose the first tooth?  mo________  yr _________
          decay/abscess, gum disease, trauma, bone loss (became loose), other, list:

When and how did you last loose a tooth?  mo________  yr _________
          decay/abscess, gum disease, trauma, bone loss (became loose), other, list:

Torus:  yes  no
9. Neck:

ROM: full, restricted (rotation, lateral, forward, backward)
Tenderness, masses
Thyroid size: average, goiter, smaller, nodules: Number: 1, 2, 3, >3, size ______cm

10. Cardiovascular:

Auscultation:
   Carotid bruit: none, R / L
   Rhythm: regular, irregular, regularly irregular
   Mid-Systolic click: no yes
   Opening snap: no yes

Murmurs: none (1-barely detectable – 6-heard with scope above chest):
Systolic: ___/6 AS (aortic sclerosis) MR (mitral regurgitation)
Diastolic: ___/6 AR (high pitch), MS (low rumble)

Pulses (character = 0-4+): normal, thrill, bisferens, alternans

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<tr>
<td>carotid</td>
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<td>brachial</td>
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<td>dorsalis pedis</td>
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<td>posterior tibial</td>
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11. Thorax and lungs:

Inspection (contour): average, excavatum, pigeon
Auscultation: normal, slow, rapid-deep, rapid-shallow, increased breath, decreased breath
Abnormal: rales (coarse / fine): LR / LL / UL / UR
          wheezes: LR / LL / UL / UR
          friction rubs: LR / LL / UL / UR
12. Musculoskeletal:

Muscles: normal, tremor, atrophy, fasciculation

Spine: normal, contour, motion, pain w/motion, tenderness, kyphosis, scoliosis, kypho-scoliosis

Joints: normal, deformities, crepitation, ROM, swelling, tenderness, heat, redness (label on diagram #1)

Tender points: none, number _________ (circle on diagram #2)

Extremities: normal, clubbing, edema, varicosities, increased pigmentation/venous stasis
13. **Neurological**: right-or left-handed.

**Coordination:**

- Finger to nose: normal R/L
- Past pointing: normal R/L
- Heel to knee: normal R/L
- Romberg: normal R/L

**Motor system:**

- Strength: normal R / L UE; R / L LE
- Tone: normal R / L UE; R / L LE
- Volume: normal R / L UE; R / L LE
- Contractures: normal R / L UE; R / L LE
- Localized spasm: normal R / L UE; R / L LE

**Reflexes: (0-4+)**

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<tr>
<td>Biceps:</td>
<td>_____</td>
<td>_____ (clonus)</td>
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<td>Quadriceps:</td>
<td>_____</td>
<td>_____ (clonus)</td>
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<tr>
<td>Ankle:</td>
<td>_____</td>
<td>_____ (clonus)</td>
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<td>Plantar flexion:</td>
<td>dorsiflexion, withdrawal, no response</td>
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**Sensation (circle if decreased):**

- Light touch: normal R / L UE; R / L LE
- Pin prick: normal R / L UE; R / L LE
- Temperature: normal R / L UE; R / L LE
- Position: normal R / L UE; R / L LE
- Vibration: normal R / L UE; R / L LE

**Autonomic:**

- Sweating: normal R / L UE; R / L LE
- Vasomotor changes: normal R / L UE; R / L LE
- Trophic disturbances: normal R / L UE; R / L LE