

## RESPIRATORY SYSTEM

### I. Introduction

Name:                      Age:                      Sex:                      Handedness:                      Resident of:  
Education:                      Occupation:                      Religion:                      Informant:                      Reliability:

### II. Chief Complaints (in chronological order)

### III. HOP

- 1) **Cough**- Onset, Dry/Wet, Day/Night/ Postural/seasonal variation, associated with, aggravated by / relieved by, present status
- 2) **Expectoration**- Color, Consistency, Quantity, Smell, Diurnal/ Postural variation, More in the early morning, Aggravated by / Relieved by, Present status
- 3) **Hemoptysis**- Color, Quantity, Frequency, Postural variation, Associated with, Last episode, Postural symptoms, Aggravated by / Relieved by, Present status
- 4) **Dyspnoea**- Onset, Progression (describe wrt activities), Associated with, Aggravated by / Relieved by, Present status, MMRC grading (0-4), PND, Orthopnoea
- 5) **Wheeze**- Duration , Periodicity, Seasonal/ Diurnal variation, Associated allergic features like allergic rhinitis, urticaria, recurrent sneezing, Aggravated by / Relieved by, Present status
- 6) **Chest pain-( OLD CAARTS)** Onset, Location, Duration, Character, Associated features, Aggravating and Relieving factors, Radiation, Time, Severity
- 7) **Fever**- Grade, Max Temp, Type, Associated with chills& rigors, Diurnal variation, Evening rise of temp., night sweats, relieved by, present status
- 8) **Anorexia**
- 9) **Weight loss**- Quantified/Unquantified, Intentional /Unintentional, Significant/insignificant
- 10) **Hoarseness of voice**

- 11) Ptosis
- 12) Recurrent respiratory infection
- 13) History suggestive of Collagen Vascular Disease-Joint pain/rash/oral  
ulcers/seizures/excessive hairfall
- 14) Palpitation /Easy fatiguability
- 15) Bladder / Bowel symptoms
- 16) Swelling of face/ edema
- 17) CNS symptoms-LOC/Head ache/weakness/vomiting

#### **IV. Past History**

DM/ HTN / TB/ Bronchial asthma/IHD  
Childhood infection  
Jaundice/ Blood Txn  
Allergies/ FB inhalation  
Trauma/ Surgeries/ similar illness in the past

#### **V. Personal History**

Smoking - pack years/smoking index/ Chula smoking  
Alcohol / Tobacco  
Veg / Non veg  
Marital status/ Children/Menstrual history in detail  
High risk behavior/Bladder/Bowel/Sleep  
Immunization history  
Socio-economic status/ over crowding

#### **VI. Family history**

TB/ Similar illness in the family

#### **VII. Treatment history**

#### **VIII. Summary at the end of the history**

#### **IX. Impression/ DD**

#### **General physical examination**

- Conscious/oriented/comfortable
- Ht- Weight- BMI- Temp-
- Pulse- (Rate, Rhythm, Volume, Character, Peripheral pulses. R-R/ R-F delay, Pulse deficit, Vessel wall, Carotid bruit)
- BP- mmHg, Respiration - Rate, Rhythm, Type (Abdomino-Thoracic / Thoraco-Abdominal)
- SpO2- BCG scar
- P/J/Cy/CI/LNE/PE/JVP/rash/facial plethora/neck veins/puffiness of face/ Pemberton sign /Lt supra clavicular LN /Voice/asterixis
- Signs of Malnutrition- Temporal / Buccal fat wasting, Hollowness of supraclavicular – infraclavicular fossae, Emaciated look
- Nicotine stain- lips, Nail, teeth, gums, Vitamin deficiencies
- Spine – Kyphosis / Scoliosis /Gibbus, Skull
- Peripheral signs of TB / Sarcoid / HIV
- Marfanoid features, Thyroid, Testes, Low hair line, Horners Features, Congenital anomalies

## **Systemic Examination**

### **Respiratory System:**

#### **Upper Respiratory Tract**

- Ear, Nose ( polyps, postnasal drip, DNS )
- Throat ( tonsils, oral hygiene, nicotine stain )

#### **Inspection**

- Chest symmetry, Pectus excavatum/ Carinatum
- Shape of chest

- Respiratory movements - equal / decreased
- Tracheal position / Trail sign
- Signs of volume loss – shoulder droop/wasting ( supra/infra clavicular)/Nipple position/  
Spino scapular distance/ Rib crowding/ Intercostal spaces
- Intercostal space indrawing / Hoover's sign/Respiratory paradox/ Respiratory alternans
- Accessory muscles of respiration
- Apical impulse
- Dilated veins/Scars/Sinuses/Visible pulsations/Skin

### Palpation

- Inspiratory findings confirmed
- Tracheal position
- Apical impulse
- Rib crowding
- Chest wall tenderness/ Crepitus / SC emphysema/ Nodules / LNE
- Harrison's sulcus / Hoover's sign

### Measurements

	Chest Circumference	Expansion	Hemithorax	Hemithorax expansion	Spino Scapular Distance	Antero-Posterior Diameter	Transverse Diameter
Right							
Left							

		Supra Clavicular	Infra clavicular	Mammary	Axillary	Infra Axillary	Supra Scapular	Inter Scapular	Infra Scapular
Respiratory Movement	Rt								
	Lt								
<b><u>Percussio</u></b>	Rt								
	Lt								

<b><i>n</i></b>									
Kronig's Isthmus	Rt								
	Lt								
Percussion over clavicle	Rt								
	Lt								
Percussion over Traube Space									
Liver Dullness, Tidal Percussion									
<b>Auscultation</b>									
		Supra Clavicular	Infra clavicular	Mammary	Axillary	Infra Axillary	Supra Scapular	Inter Scapular	Infra Scapular
Air Entry	Rt								
	Lt								
VF, VR	Rt								
	Lt								
VBS	Rt								
	Lt								
Bronchial Breathing	Rt								
	Lt								
Wheeze/ Rhonchi	Rt								
	Lt								
Crackles	Rt								
	Lt								
Whispering Pectroloquy									
Aegophony									
Pleural Rub									

## Cardio-Vascular System

- Apical Impulse
- Precardial buldge, Parasternal heave
- Palpable sounds, Thrill
- S1,S2,S3,S4
- Murmurs

## **Abdomen**

- Symmetry/Distension
- All quadrants moves with respiration
- Soft, Tenderness, Liver, Spleen, Any mass, Bowel sounds, Hernial orifices

## **Central Nervous System**

- Consciousness,Orientation
- FND, Horner's Syndrome, Planters

## **Summary after Examination**

## **Diagnosis/DD**

## **Investigation**

## **Treatment**