



ALL IN ONE CNS KIT

Easy Reflex - Clinical skills initiative GASTROINTESTINAL SYSTEM PROFORMA

Name	
Age	
Sex	
Occupation	
Educational qualification	
Address	
Socio - economic status	

Chief complaints

Abdominal Pain

Abdominal distention

Haemetemesis / Malena / Diarrhoea

Dysphagia

Jaundice / Fever / Edema / Oliguria / Burning Sensation

Vomitings / Nausea / Flatulence



H/O Presenting illness

Abdominal pain:

Duration / onset / progress / site / type / episodes / lasting radiation / aggravating factors / relieving factors

Abdominal Distention:

Duration / onset / progress / associated pain / pedal edema / puffiness of face / aggravating factors / relieving factors



Hemetemesis:

Duration / onset / progress / episodes / timing / colour / aggravating factors / relieving factors

Malena:

Duration / onset / progress / episodes / associated with straining / sticking to pan

Diarrhea:

Amount, colour, blood stained, mucous stained, watery or semisolid, tenesmus, foul smelling, associated with pain

Duration / onset / progress / episodes / timing / aggravating factors / relieving factors

Dysphagia:

Duration / onset / progress / relation with solids and liquids / aggravating factors / relieving factors

Jaundice:

Duration / onset / progress / aggravating factors / relieving factors

Fever:

Duration / onset / progress / episodes / grade / associated with chills and rigors / associated with night sweats / aggravating factors / relieving factors

Oedema:

Duration / onset / progress / site / type (pitting or non pitting) / aggravating factors / relieving factors

Oliguria:

Duration / onset / progress / daily amount / urine colour / dysuria / hematuria / aggravating factors / relieving factors

Burning Sensation:

Duration / onset / progress / aggravating factors / relieving factors

Flatulence:

History of habit of belching / duration / pain / presence of diarrhea / ingestion of certain type of food / history of food allergy /

Vomiting:

amount, colour, bilious or not, blood stained, food particles, foul smelling

Duration / onset / progress / episodes / associated with nausea / projectile / aggravating factors / relieving factors



Past History

Similar history in the past

H/O TB / DM / HTN / Jaundice / Bronchial Asthma / Epilepsy

H/O Blood Transfusion

H/O Any Drug Intake

Personal History

Bladder And Bowel Habits / Loss Of Weight & Appetite / Sleep Disturbances

Diet

Smoking – What? / Pack Yrs = No.Of Packets/Day X No.Of Years ,

Smoking Index = No.Of Cigars Or Beedi's/Day X No.Of Years

Alcoholism- Brand / Alcohol / Quantity (In ML / Day)

Any Other Habits / Addictions

H/O Any Exposure To

Any STD's

Family History

Similar history in family or members

Family history of TB / HTN / DM / Bronchial Asthma



Menstrual History

Menarche / LMP

Menstrual cycle(regular or not/associated with pain or not)

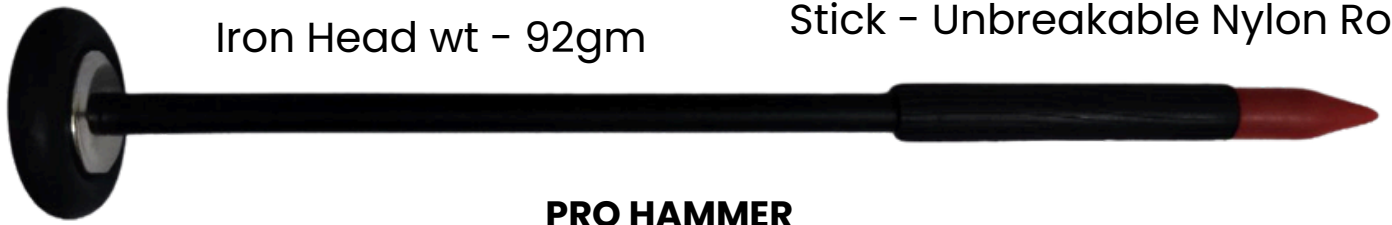
Treatment History

Any history of previous treatment

Rubber
O'ring

Iron Head wt - 92gm

Stick - Unbreakable Nylon Rod



PRO HAMMER

Easy reflex offers best in class 130 gm reflex hammers at affordable cost. Don't fall prey for fake low head-weight reflex hammers.

Knee Hammer

Tuning Forks

Ishihara Plates

Taste Pack

Snellen's Chart

Swab Stick

Cotton + Toothpick

Glass Tubes with Closure

Smell Pack

Torch Light + Battery

Divider

Inch Tape

Tongue Depressor

4 Synthetic Tastes

1. Sugar (tip of tongue)
2. Salt (side of tongue)
3. Sour (side of tongue behind salt)
4. Bitter (back of tongue)

* With tongue holding gauze.
* Buds for application.
* Tastes last for more than a year.

3 Synthetic Smells

1. Coffee
2. Lemon
3. Orange & Sandal

*Smells last more than 8 months

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General Examination:

Conscious /oriented /cooperative

Built / Nourishment – Skin fold thickness ,Mid arm circumference, waist – hip ratio

Pallor / Icterus / Cyanosis / Clubbing

Edema / Lymphadenopathy

Sign of Liver Failure:

Alopecia / Icterus / Parotid Gland Enlargement / Spider naevi / Gynaecomastia /

Ascites / Testicular atrophy / Palmar Erythema / White Nails / Clubbing / Flapping

Tremors / Dupuytren's Contracture

External Markers of HIV Infection:

Oral Hairy Leukoplakia / Oral Candidiasis / Molluscum contagiosum

/Generalised lymphadenopathy / Recurrent Herpetic Infections

Vital Signs:

Pulse	
BP	
Respiratory Rate	
Temperature	
JVP	
Fundus Examination	KF Ring

Abdominal Examination:

Oral Cavity - Hygiene

Teeth: Caries / Dentures

Tongue: size / surface / colour

Palate / Tonsils / Breath smell / Oropharynx

Inspection:

Shape: Normally Scaphoid shape / Flat

Distended uniformly / Localised

Flanks: Free / Full

All quadrants: moves equally with respiration or not

Umbilicus: Central / Shifted

Everted / Inverted

Any Discolouration

Skin: normal / stretched / Sinuses / Nodules

Movement of abdominal wall with respiration

Visible masses

Visible dilated veins

Visible Gastric / Intestinal Peristalsis

Visible Pulsations

Visible Scars / Pigmentation

External Genitalia

Hernial orifices



Palpation:

Local Rise of Temperature

Tenderness

Guarding / Rigidity

Rebound Tenderness

Palpate for Liver / Spleen / Kidney / Other Masses



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Palpable Liver:

____ cm below costal margin in right midclavicular line and

Pulsatile/Non pulsatile

Edge - Round / Sharp

Surface - Smooth / Nodular

Consistency - Firm / Hard

Tender/Non Tender

Moves with respiration

Inability to insunate fingers between mass and margins

Palpable Spleen:

____ cm below costal margin in left midclavicular line and

Direction - Towards Right liac fossa

Pulsatile/Non pulsatile

Edge - Round / Sharp

Surface - Smooth / Nodular

Consistency - Firm / Hard

Tender/Non Tender

Moves with respiration

Inability to Insinuate fingers between mass and margins

Not bimanually palpable



Examination of Other System:

CVS: Apex Beat / S1 S2 heard in all areas / Murmurs

RS: Normal Vesicular Breath Sounds / Adventitious Sounds

CNS: Flapping Tremors / Altered Sensorium / Reflexes

DIAGNOSIS:

Chronic Decompensated Liver Disease, Cirrhosis of Liver with or without Portal HTN with or without evidence of Hepatic Encephalopathy

Hepatosplenomegaly with or without Lymphadenopathy.



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