



Easy Reflex - Clinical Skills initiative RESPIRATORY SYSTEM PROFORMA

Name	
Age	
Sex	
Occupation	
Educational qualification	
Address	
Socio - economic status	

Chief complaints

Cough / Expectoration / Hemoptysis / Breathlessness / Chest Pain / Wheeze / Fever / Loss Of Weight / Loss Of Appetite



H/O Presenting illness

Cough:

Onset / Duration / Progression / Episodes / Aggravating And Relieving Factors.

Expectoration:

Onset / Duration / Progression / Episodes / Quantity Colour / Consistency / Smell / Blood Stained Or Not / Aggravating And Relieving Factors / Variation – Diurnal / Seasonal / Postural.

Hemoptysis:

Onset/ Duration / Progression / Episodes / Fresh Blood Or Altered Amount / Aggravating And Relieving Factors



Breathlessness:

Onset / Duration / Progression / Episodes / Duration of Each Episode / Orthopnoea / PND / Aggravating And Relieving Factors / Variation – Diurnal / Seasonal / Associated With Wheeze Or Not

Chest Pain:

Onset / Duration / Site / Character / Radiation / Progression / Duration of Each Episode / Aggravating And Relieving Factors

Wheeze:

Onset / Duration / Progression / Duration of Each Episode / Aggravating And Relieving Factors Variation - Diurnal,Seasonal Associated With Skin Rash Or Not / H/O Allergy To Food Or Drug Or Dust.

Fever:

Onset / Duration / Progression / Grade Associated With - Chills And Rigors Or Night Sweats / Aggravating And Relieving Factors / Variation-Diurnal,Seasonal / Associated With any Skin Rash.

Loss Of Weight:

Onset / Duration / Progression

Loss Of Appetite :

Onset / Duration / Progression

Past History

History Of - T.B / Bronchial Asthma / Allergies / Reccurent Respiratory Tract Infections / Whooping Cough / Measles & Other Exanthematous Fevers / Hypertension /Diabetes Mellitus / TIA / Stroke / Seizures / STDs/ Major Surgeries / Major Injuries / Blood Transfusions

Other Relevant History

Any History of Community Acquired Pneumonia / Recent Hospitalization / ICU Admission / Mechanical Ventilation



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

H/O Similar Complaint In Any Of The Family Member / Tuberculosis / Bronchial Asthma /

Allergic Disorder / Malignancy / Other Significant History

Menstrual History

Age Of Menarche / Duration Of Each Cycle / Regularity / Volume Of Blood Loss / Age Of Menopause / Post Menopausal Bleeding.



Occupational History

H/O Working In Mines / Factories / Animal Husbandry / Farming.

Drug History

H/O Taking Penicillin Injections / ATT / Anticancer Drugs / ART Any Drug Allergies

Duration Of Treatment



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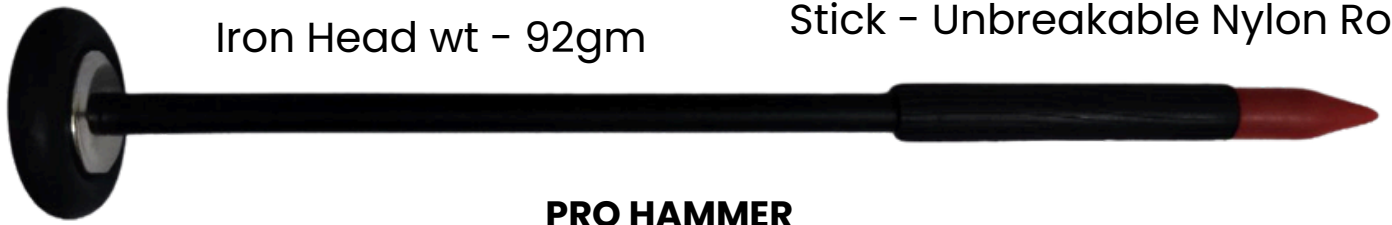
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Rubber
O'ring

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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Examination Of Respiratory Tract

Upper Respiratory Tract

Oral Hygiene

Tonsils

Sinus Tenderness

DNS

Flaring Of Alar Nasi

Post Nasal Drip

Pharynx

Lower Respiratory Tract

Inspection:

Tracheal Position

Apical Impulse

Shape Of Chest

Drooping Of Shoulder

Symmetry Of Chest

Spine

Subcostal Angle (Mention Only If Abnormal)

Visible Scars/Sinuses /Pulsations /Dilated Veins

Use Of Accessory Respiratory Muscles

Movements Of Chest – In Following Areas -

Supraclavicular

Infraclavicular

Mammary

Suprascapular

Infrascapular

Interscapular

Axillary

Infra Axillary



Crowding Of Ribs / Intercostal Spaces

Excessive Indrawing Of Intercostal Muscles

Palpation:

Confirm All Inspectory Findings

Tracheal Position

Apical Impulse

Movements Of Chest

Tactile Fremitus

Vocal Fremitus

Bony / Intercostal Tenderness

Palpable – Rub / Rhonchi / Crepitations

Measurements (cm) –

AP Diameter

Transverse Diameter

Chest Circumference

Chest Expansion-Inspiration and Expiration

Hemithorax - Inspiration and Expiration



Percussion:

Direct

Indirect

Resonant/Type of note in various lung areas

Upper Border Of Liver Dullness

Liver Span

Specific Tests - Shifting Dullness

Straight Line Dullness

Tidal Percussion

Traube's Space Percussion

Kronig's Isthmus Percussion



Auscultation:

Character Of Breath Sounds – Vesicular/Bronchial/Bronchovesicular

Intensity Of Breath Sounds – Normal/High/Diminished

Adventitious Sounds –

Rales / Crepitations(Fine / Coarse / Creeky / Post Tussive Suction)

Rhonchi / Wheeze

Pleural Rub

Vocal Resonance - Normal/High/Diminished

Whispering Pectoriloquy/ Bronchophony / Aegophony

Special Tests -

Coin Test

Succusion Splash

Post Tussive Crepts / Suction

Examination of Other System:

CVS - S1,S2 – Heard In All Areas Or Not,Especially P2

Murmurs +/- Especially RV S3 Gallop / PSM

CNS - Higher Mental Functions / Facial Symmetry / Reflexes

Any Focal Neurological Deficit.

GIT - Soft / Any Tenderness

Any Organomegaly Especially Hepatomegaly.



DIAGNOSIS:

Anatomical – Side & Lobe

Pathology

Etiology

Respiratory Failure - Present Or Not

Cor Pulmonale – Present Or Not



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