CAREER EDUCATION CENTER

MEDICAL ASSISTING WORKBOOK



**Name |**

**Chapter 5; THE PHYSICAL EXAM**

**Objective:** To know, understand and demonstrate the procedures commonly used in a physical exam including:

* Preparing the exam room & the patient
* Measuring height and weight
* Body mechanics
* Positioning and draping
* Patient assessment; inspection, palpation, percussion, auscultation
* Assisting the physician



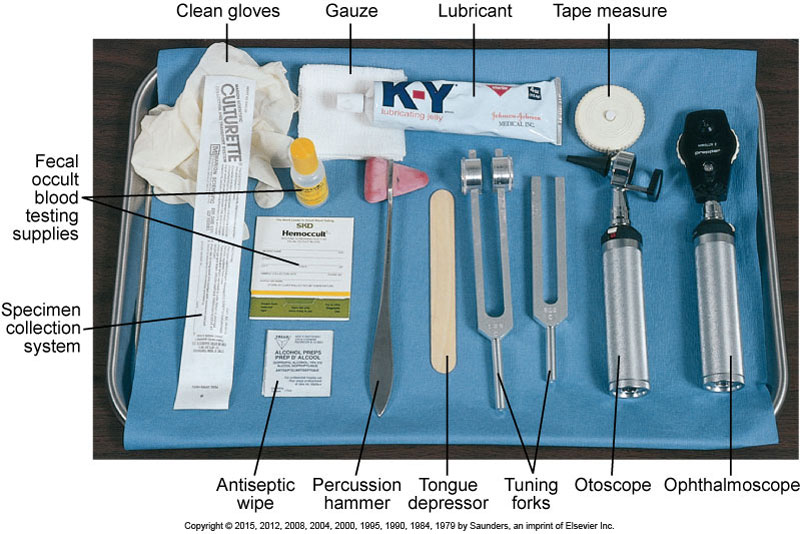
* Have you ever had, or been with someone who had, a physical exam?
* Was it for work, school, sports or -?
* What do you remember about it the most?

1. The physical exam consists of 3 parts: (page 173)

|  |
| --- |
|  |
|  |
|  |

**Preparing the Exam Room (**Page 176)

1. Label the tray set-up:

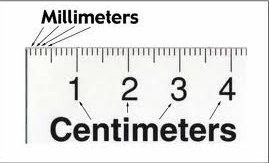
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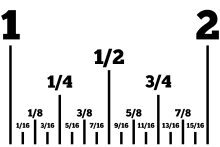
**Lab: Identify the instruments in the lab:**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
|  |  |  |  |

**Procedure; Passing instruments**

|  |
| --- |
| **Pass a tongue depressor signed that you did this correctly** |
| **Pass scissors signed that you did this correctly** |



**Measuring**

**The abbreviation for inches is \_\_\_\_\_\_\_\_\_\_\_\_\_**

**The abbreviation for centimeters is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

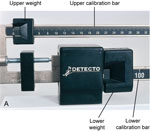
**½ a centimeter is written as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Using a tape measure, measure your partner to the nearest 1/4 inch & in centimeters:**

**Ankle wrist**

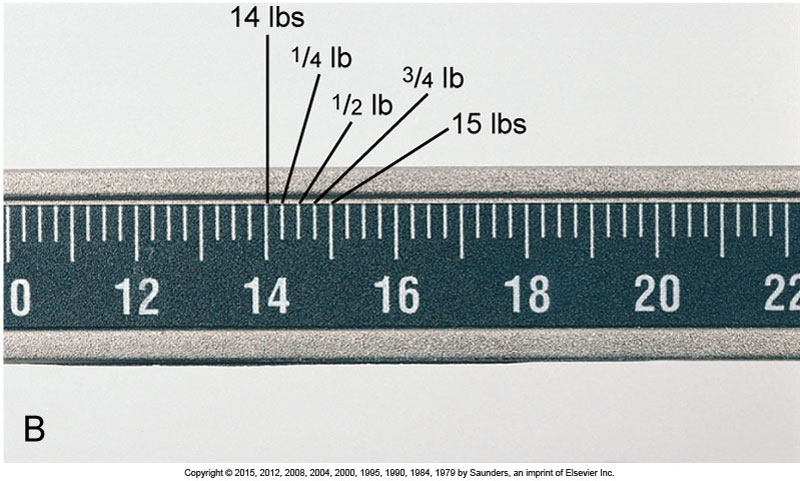
**Inches \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Inches \_\_\_\_\_\_\_\_\_\_\_\_\_\_ centimeters\_\_\_\_\_\_\_\_\_\_ centimeters\_\_\_\_\_\_\_\_\_\_**

**MENSURATION or Measuring is one of the most important tasks of the medical assistant**

****

**Measuring weight**

1. **Identify the weights below:**

****

**LAB; Read the weight scales set in the lab:**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |

1. **Write the weight that the scales below are pointing to:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

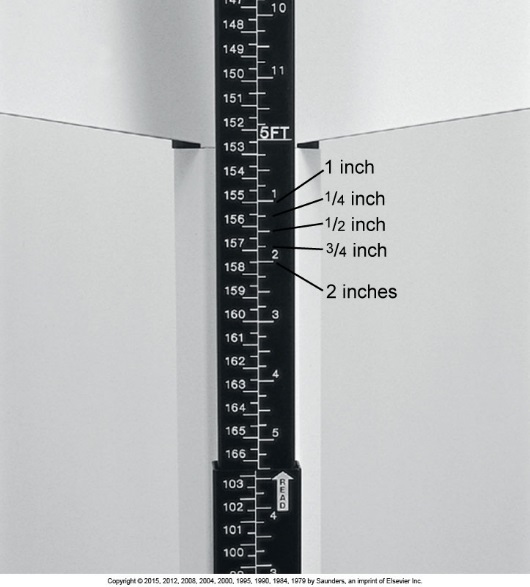
Examination can be by: palpation, auscultation, inspection or percussion

Can you name which is happening here?

A\_\_\_\_\_­­\_\_\_\_\_\_\_\_\_\_\_\_\_ B\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ C\_\_\_\_\_\_\_\_\_\_\_\_\_ D \_\_\_\_\_\_\_\_\_\_\_\_\_

HEIGHT

B. Reading Height Measurements

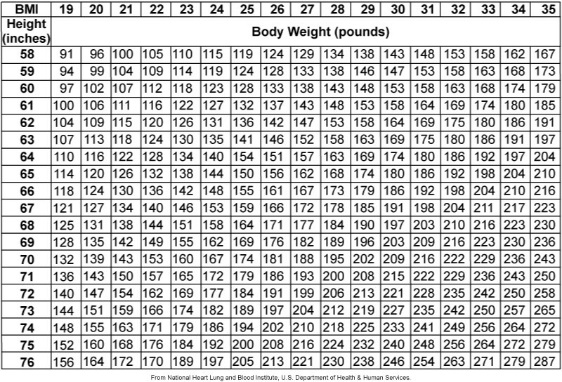
The following diagram is an illustration of a portion of the calibration rod of an upright balance beam scale. In the spaces provided, indicate the height measurement in feet and inches indicated on the calibration rod.

Read the Height Scales set in the lab



Record your partner’s height in inches

- - in centimeters

**Body Mass Index**

**BMI is used to calculate correct amount (dose) of medication.**

**The formula for BMI =**

**Lbs x 703 . ÷ ins ÷ ins**

**Interpretation;**

**≤ 18.5 underweight,**

**≥ 30 overweight**

**Calculate the Body Mass Index on the following**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Weight in lbs.** | **Height** | **BMI** | **Interpretation** |
|  | **146** | **6 5”** |  |  |
|  | **175** | **6 6”** |  |  |

**HEIGHT:**  Feet & Inches:

* Since there are 12 inches in one foot, how many feet are in:
* 48 ins 60ins 72ins
* Put into feet and inches:

|  |  |  |
| --- | --- | --- |
| 48 | 60 | 72 |
| 49 | 61 | 73 |
| 51 | 65 | 75 |
| 57 ½ | 67 ½ | 77 ¼ |

**Measure your partners in Feet and inches to the nearest ½ inch.**

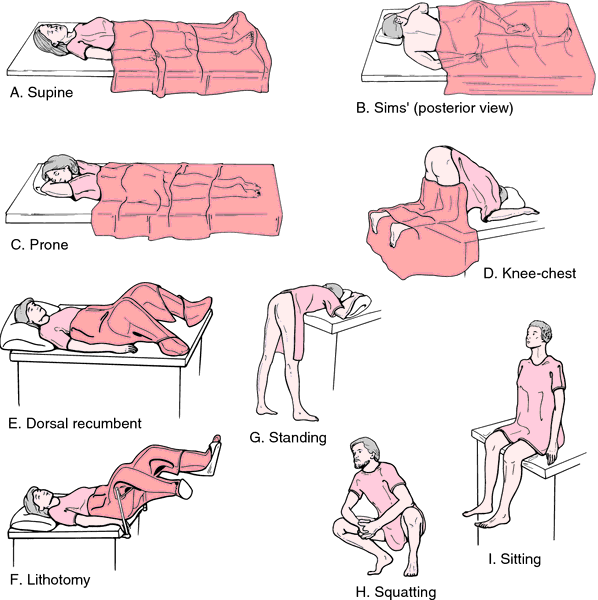
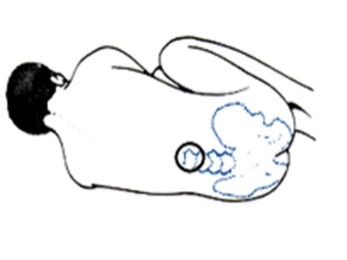
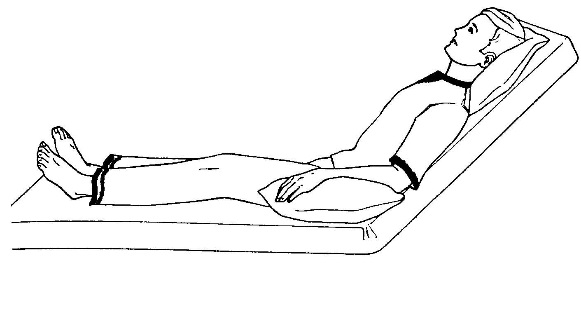
* 1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Pass the feet and inches lab test: signed by

**Positions:** Name the positions and one use for each

Lithotomy prone supine Sims

Semi-fowlers knee-chest fetal dorsal recumbent



In which position would you place these patients?

|  |  |  |  |
| --- | --- | --- | --- |
| Image result for patient for COPD | http://images.fitpregnancy.mdpcdn.com/sites/fitpregnancy.com/files/styles/width_360/public/field/image/pregnant-woman-wearing-pink-bikini-at-the-beach-looking-at-her-belly_600x600_497405501-2.jpg | Image result for flex sigflex sig | http://www.ddc.musc.edu/_assets/images/stock-images/abdominal-pain-male.jpg |
|  |  |  |  |