

# Normal Exam

## What is it?

- **Normal Examination** – a clinical or physical examination; the process by which a health care provider investigates the body of a patient for signs of disease following a medical history and both aid in determining the correct diagnosis and devising the treatment plan; these become a part of the medical history
  - **Medical History**- an account of symptoms as experienced by the patient
  - **Comprehensive Physical Examination**- usually includes laboratory tests, chest x-rays, pulmonary function testing, full body CAT scans, audiograms, EKG's, heart stress tests, vascular age tests, urinalysis, prostate exams and mammograms depending on the gender; examination or evaluation of general appearance and specific organ systems, recorded in the medical record, vital signs of temperature, blood pressure, pulse, respiratory rate and pain
    - **Temperature**- Goal is 98.6
    - **Blood Pressure**- Goal is < 120/80
    - **Pulse**- Goal is 60-80 beats per minute while resting
    - **Respiratory Rate**- Goal is 12 beats per minute while resting
    - **Pain**- may be chronic or acute, management of pain, complementary and alternative medicine
    - **Starts**- at the head and finishes at the extremities
    - **Investigation**- of the main organs by inspection, percussion, palpation and auscultation or a specific test as neurological investigation, hypocalcemia, or orthopedic examination
- **Uses of Physical Examinations**- are for health insurance coverage;
  - **Health Care Provider**- formulate a differential diagnosis; list of causes of the symptoms that specific diagnosis tests generally confirm the cause or causes



## What can I do?

- **See your Health Care Provider**- for more information
- **See a Registered Dietitian**- for help as needed

