

# GENERAL MULTISYSTEM EXAMINATION

## Constitutional

- vitals: 3 of 7 (BP/s-BP/pulse/resp/temp/wt/ht)
- general appearance

## Eyes

- conjunctivae & lids
- pupils and irises
- scope of optic disc and posterior segments

## Ears, Nose, Mouth and Throat

- external ears and nose
- scope of exterior auditory canals and tympanic membranes
- assess hearing
- nasal mucosa, septum and turbinates
- lips, teeth and gums
- oropharynx: oral mucosa, salivary glands, hard and soft palates, tongue, tonsils, posterior pharynx

## Neck

- neck
- thyroid

## Respiratory

- assess respiratory efforts
- percussion of chest
- palpate chest
- auscultate lungs

## Cardiovascular

- palpate heart
- auscultate heart with notations of abnormal sounds and murmurs
- carotid arteries
- abdominal aorta
- femoral arteries
- pedal pulses
- extremities for edema/varicosities

## Chest (Breasts)

- breasts
- palpate breasts and axillae

## GI (Abdomen)

- abdomen with notation of presence of masses or tenderness
- liver and spleen
- presence or absence of hernia
- anus, perineum and rectum including sphincter tone, presence of hemorrhoids, rectal masses
- stool sample for occult blood

## Genitourinary – Male

- scrotal contents
- penis
- digital rectal exam of prostate gland

## Genitourinary – Female

- external genitalia and vagina
- urethra
- bladder
- cervix
- uterus
- adnexa/parametria

## Lymphatic

Palpate lymph nodes in at least 2 areas

- neck
- axillae
- groin
- other

## Musculoskeletal

- gait and station
- inspect/palpate digits and nails

Examine joints, bones and muscles of at least one of the following: 1) head and neck; 2) spine, ribs and pelvis; 3) RUE; 4) LUE; 5) RLE; 6) LLE

- inspect/palpate
- assess range of motion
- assess stability
- assess muscle strength and tone

## Skin

- inspect skin and subcutaneous tissue
- palpate skin and subcutaneous tissue

## Neurologic

- cranial nerves with notation of deficits
- deep tendon reflexes (note pathological reflexes)
- sensation

## Psychiatric

- describe patient's judgment and insight
- assess orientation to time, place and person
- assess recent and remote memory
- assess mood and affect

Contact information:

Nick Ulmer, MD FAAFP CPC  
864-684-4248