

General Multisystem Exam

Constitutional

- Any three vital signs
- General appearance of patient

Eyes

- INSP of conjunctivae & lids
- EX of pupils & irises
- Ophthalmoscopic EX of optic discs & posterior segments

Ears, Nose, Mouth & Throat

- External INSP of ears & nose
- Otoscopic EX of external auditory canals & tympanic membranes
- ASSMT of hearing
- INSP of nasal mucosa, septum & turbinates
- INSP of lips, teeth & gums
- EX of oropharynx: oral mucosa, salivary glands, hard & soft palates, tongue, tonsils & posterior pharynx

Neck

- EX of neck
- EX of thyroid

Respiratory

- ASSMT of respiratory effort
- Percussion of chest
- PALP of chest
- Auscultation of lungs

Cardiovascular

- PALP of heart
- Auscultation of heart with notation of abnormal sounds & murmurs

EX of:

- carotid arteries
- abdominal aorta
- femoral arteries
- pedal pulses
- extremities for edema &/or varicosities

Chest (Breasts)

- INSP of breasts
- PALP of breasts & axillae

Gastrointestinal (Abdomen)

- EX of abdomen with notation of presence of masses or tenderness
- EX of liver & spleen
- EX for presence or absence of hernia
- EX of anus, perineum & rectum, including sphincter tone, presence of hemorrhoids, rectal masses
- Obtain stool sample for occult blood test when indicated

Genitourinary

Male:

- EX of the scrotal contents
- EX of the penis
- Digital rectal EX of prostate gland

Genitourinary (continued)

Female:

Pelvic EX, including:

- External genitalia & vagina
- Urethra (masses, tenderness, scarring)
- Bladder
- Cervix
- Uterus
- Adnexa/parametria

Lymphatic

PALP of lymph nodes in two or more areas:

- Neck
- Axillae
- Groin
- Other

Musculoskeletal

- EX of gait & station
- INSP &/or PALP of digits & nails
- EX of joint(s), bone(s) & muscle(s) of one or more of the following six areas: 1) head & neck; 2) spine, rib; & pelvis; 3) right upper extremity; left upper extremity; 5) right lower extremity; & 6) left lower extremity.

The EX of a given area includes:

- INSP &/or PALP with notation of presence of any misalignment, asymmetry, crepitation, defects, tenderness, masses, effusions
- ASSMT of range of motion with notation of any pain, crepitation or contracture
- ASSMT of stability with notation of any dislocation, subluxation or laxity
- ASSMT of muscle strength & tone with notation of any atrophy or abnormal movements

Skin

- INSP of skin & subcutaneous tissue
- PALP of skin & subcutaneous tissue

Neurologic

- Test cranial nerves with notation of any deficits
- EX of deep tendon reflexes with notation of pathological reflexes
- EX of sensation

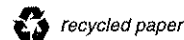
Psychiatric

- Description of patient's judgment & insight
- Brief ASSMT of mental status, including:
 - orientation to time, place & person
 - recent & remote memory
 - mood & affect



Copyright © 1995, 1996, 1998 American Academy of Family Physicians.

CPT codes copyright © American Medical Association.



History

	HPI elements	ROS systems	PFSH elements
PF	1-3	—	—
EPF		1	—
D	> 3 (OR 3 or more chronic diseases)	2-9	1
C		> 9	2 (estab.) 3 (new)

3 out of 3 required

HPI: location, quality, severity, duration, timing, context, modifying factors, associated signs and symptoms OR status of chronic diseases

ROS: Constitutional, Eyes, ENT/mouth, Cardiovascular, Respiratory, GI, GU, Musculoskeletal, Skin/breasts, Neurologic, Psychiatric, Endocrine, Hem/lymph, Allerg/immun

PFSH: Past, Family, Social history

To purchase additional copies of the pocket guide, call the AAFP order department at 800-944-0000 and ask for item number 557.

Provided as a service of *Family Practice Management* and the American Academy of Family Physicians.

Reasonable efforts have been made to ensure the accuracy of this document, but it is no substitute for the original guidelines. Refer to them for details and explanations.



POCKET GUIDE TO THE DOCUMENTATION GUIDELINES

(revised January 1998)