General Multi-system Exam

Content and Documentation Requirements

<table>
<thead>
<tr>
<th>Level of Exam</th>
<th>Perform and Document</th>
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<tbody>
<tr>
<td>Problem Focused</td>
<td>One to five elements identified by a bullet.</td>
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<tr>
<td>Expanded Problem Focused</td>
<td>At least six elements identified by a bullet.</td>
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<tr>
<td>Detailed</td>
<td>At least two elements identified by a bullet from each of six areas/systems OR at least twelve elements identified by a bullet in two or more areas/systems.</td>
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<tr>
<td>Comprehensive</td>
<td>At least two elements identified by a bullet from each of nine areas/systems.</td>
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<tr>
<th>System/Body Area</th>
<th>Elements of Examination</th>
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| Constitutional          | • Measurement of any three of the following seven vital signs: 1) sitting or standing blood pressure, 2) supine blood pressure, 3) pulse rate and regularity, 4) respiration, 5) temperature, 6) height, 7) weight (may be measured and recorded by ancillary staff)  
• General appearance of patient e.g. development, nutrition, body habitus, deformities, attention to grooming |
| Eyes                    | • Inspection of conjunctivae and lids  
• Examination of pupils and irises e.g. reaction to light and accommodation, size and symmetry  
• Ophthalmoscopic examination of optic discs e.g. size, C/D ratio, appearance and posterior segments e.g. vessel changes, exudates, hemorrhages |
| Ears, nose, mouth & throat | • External inspection of ears and nose e.g. overall appearance, scars, lesions, masses  
• Otoscopic examination of external auditory canals and tympanic membranes  
• Assessment of hearing e.g. whispered voice, finger rub, tuning fork  
• Inspection of nasal mucosa, septum and turbinates  
• Inspection of lips, teeth and gums  
• Examination of oropharynx: oral mucosa, salivary glands, hard and soft palates, tongue, tonsils and posterior pharynx |
| Neck                    | • Examination of neck e.g. masses, overall appearance, symmetry, tracheal position, crepitus  
• Examination of thyroid e.g. enlargement, tenderness, mass |
| Respiratory             | • Assessment of respiratory effort e.g. intercostal retractions, use of accessory muscles, diaphragmatic movement  
• Percussion of chest e.g. dullness, flatness, hyperresonance  
• Palpation of chest e.g. tactile fremitus  
• Auscultation of lungs e.g. breath sounds, adventitious sounds, rubs |
| Cardiovascular          | • Palpation of heart e.g. location, size, thrills  
• Auscultation of heart with notation of abnormal sounds and murmurs  
Examination of:  
• Carotid arteries e.g. pulse amplitude, bruits  
• Abdominal aorta e.g. size, bruits  
• Femoral arteries e.g. pulse amplitude, bruits  
• Pedal pulses e.g. pulse amplitude  
• Extremities for edema and/or varicosities |
| Chest (breasts)         | • Inspection of breasts e.g. symmetry, nipple discharge  
• Palpation of breasts and axillae e.g. masses or lumps, tenderness |
| Gastrointestinal (abdomen) | • Examination of abdomen with notation of presence of masses or tenderness  
• Examination of liver and spleen  
• Examination for presence or absence of hernia  
• Examination of anus, perineum and rectum, including sphincter tone, presence of hemorrhoids, rectal masses  
• Obtain stool sample for occult blood test when indicated |
# General Multi-system Exam

| Genitourinary (male) | Examination of the scrotal contents *e.g.* hydrocele, spermatocele, tenderness of cord, testicular mass  
| | Examination of penis  
| | Digital rectal examination of prostate gland *e.g.* size, symmetry, nodularity, tenderness |
| Genitourinary (female) | Pelvic examination (with or without specimen collection for smears and cultures) including:  
| | Examination of external genitalia *e.g.* general appearance, hair distribution, lesions and vagina *e.g.* general appearance, estrogen effect, discharge, lesions, pelvic support, cystocele, rectocele  
| | Examination of urethra *e.g.* masses, tenderness, scarring  
| | Examination of bladder *e.g.* fullness, masses, tenderness  
| | Cervix *e.g.* general appearance, lesions, discharge  
| | Uterus *e.g.* size, contour, position, mobility, tenderness, consistency, descent or support  
| | Adnexa/parametria *e.g.* masses, tenderness, organomegaly, nodularity |
| Lymphatic | Palpation of lymph nodes in **two or more** areas:  
| | Neck  
| | Axillae  
| | Groin  
| | Other |
| Musculoskeletal | Examination of gait and station  
| | Inspection and/or palpation of digits and nails *e.g.* clubbing, cyanosis, inflammatory conditions, petechiae, ischemia, infections, nodes |
| | Examination of joints, bones and muscles of **one or more of the following six** areas: 1) head and neck, 2) spine, ribs and pelvis, 3) right upper extremity, 4) left upper extremity, 5) right lower extremity, 6) left lower extremity. The examination of a given area includes:  
| | Inspection and/or palpation with notation of presence of any misalignment, asymmetry, crepitation, defects, tenderness, masses, effusions  
| | Assessment of range of motion with notation of any pain, crepitation or contracture  
| | Assessment of stability with notation of any dislocation (luxation) subluxation or laxity  
| | Assessment of muscle strength and tone *e.g.* flaccid, cog wheel, spastic with notation of any atrophy or abnormal movements |
| Skin | Inspection of skin and subcutaneous tissue *e.g.* rashes, lesions, ulcers  
| | Palpation of skin and subcutaneous tissue *e.g.* induration, subcutaneous nodules, tightening |
| Neurologic | Test cranial nerves with notation of any deficits  
| | Examination of deep tendon reflexes with notation of pathological reflexes *e.g.* Babinski  
| | Examination of sensation *e.g.* by touch, pin, vibration, proprioception |
| Psychiatric | Description of patient’s judgment and insight  
| | Brief assessment of mental status including:  
| | Orientation to time, place and person  
| | Recent and remote memory  
| | Mood and affect *e.g.* depression, anxiety, agitation |