



PHYSICAL EXAM FORM

ID NUMBER:

FORM CODE:

P	E	X
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DATE: 06/01/2011
Version 1.0

The purpose of this form is to record results from the Physical Exam, including the number of lung sounds recorded and edema. This form is completed as part of the clinic visit or home visit.

0a. Date of Procedure:

<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Month		Day		Year					

0b. Staff ID:

LUNG SOUNDS

1. Number of areas in which lung sounds were recorded

- 0.....no lung sounds recorded
- 1.....one area
- 2.....two areas
- 3.....three areas
- 4.....all four areas

1a. If fewer than 4 areas were recorded, specify reason _____

LOWER EXTREMITY EDEMA

2. Right Ankle/Leg Edema

- 0.....None
- 1.....mild pitting edema (pitting below mid-point)
- 2.....marked pitting edema (pitting above mid-point)
- 3.....not examined, specify reason _____

3. Left Ankle/Leg Edema.....

- 0.....None
- 1.....mild pitting edema (pitting below mid-point)
- 2.....marked pitting edema (pitting above mid-point)
- 3.....not examined, specify reason _____



INSTRUCTIONS FOR THE PHYSICAL EXAMINATION (PEX) FORM

I. General Instructions

The Physical Examination form is completed during the participant's clinic or home visit to record results of that procedure, including the number of lung sounds recorded and findings from the lower extremity examination. The technician must be certified to perform the physical examination measurements and should have a working knowledge of the physical examination procedures documented in Manual 2, Field Center Procedures.

II. Detailed Instructions for each Item

PROCEDURE: physical exam

- 0a. Enter date that procedure was performed with month, day and year.
- 0b. Enter staff ID for the person who completed this form.

LUNG SOUNDS

- 1. Enter the number areas of lung sounds that were successfully recorded and saved, from '0' for no lung sounds recorded up to '4' for all 4 lung fields recorded. There are 4 posterior lung fields that should be recorded.
- 1.a. If fewer than 4 areas were recorded, then please specify reason that all 4 lung fields were not recorded in question 4a. Possible reasons for not recording lung sounds may be: participant refused or unable to cooperate, error message with attempted recording, or equipment failure (specify equipment problem).

LOWER EXTREMITY EDEMA

To save time this exam for leg edema can be done just before or just after recording the electrocardiogram (ECG), since the participant will be lying flat on an exam table. The examination for lower extremity swelling can be also done before the ABI/PWV examination but not afterwards, since pressure from the ankle cuffs may interfere with the assessment of swelling.

- 2. Right ankle/leg edema.

Examine the right leg as specified in Manual 2 then look for pitting or indention that remains after pressure has been removed. If the indentation (pit) remains for more than a couple of seconds, it is called "pitting edema." Pitting above the middle of the lower leg (between the knee and ankle) is considered "marked;" if it only occurs below that point, it is considered "mild." Mark the appropriate findings on the physical exam form. If the exam was not performed then indicate "not done" and indicate reason (such as, amputation, cast, patient refused, skin infection etc.).

3. Left ankle/leg edema.

Examine the left leg as specified in Manual 2 then look for pitting or indentation that remains after pressure has been removed. If the indentation (pit) remains for more than a couple of seconds, it is called "pitting edema." Pitting above the middle of the lower leg (between the knee and ankle) is considered "marked;" if it only occurs below that point, it is considered "mild." Mark the appropriate findings on the physical exam form. If the exam was not performed then indicate "not done" and indicate reason (such as, amputation, cast, patient refused, skin infection etc.).