



## Follow-up Visit

**Physical Exam:** Height \_\_\_\_\_ Weight \_\_\_\_\_ BMI: \_\_\_\_\_ Normal < 25 Kg/m<sup>2</sup>  
 Waist circumference: [abdominal obesity = waist >100 cm (men); >90 cm (women)]  
 Appearance: \_\_\_\_\_  
 Fundi: \_\_\_\_\_ Retinopathy  Hypertensive - grade \_\_\_/IV  Diabetic - grade \_\_\_/IV  
 HR: \_\_\_\_\_ BP: R \_\_\_\_\_/\_\_\_\_\_ L \_\_\_\_\_/\_\_\_\_\_ lying  
 HR: \_\_\_\_\_ R \_\_\_\_\_/\_\_\_\_\_ L \_\_\_\_\_/\_\_\_\_\_ sitting  
 HR: \_\_\_\_\_ R \_\_\_\_\_/\_\_\_\_\_ L \_\_\_\_\_/\_\_\_\_\_ standing  
 HR: \_\_\_\_\_ R \_\_\_\_\_/\_\_\_\_\_ L \_\_\_\_\_/\_\_\_\_\_  10" rest  lying  sitting  
 JVP: Height \_\_\_\_\_ cm > SA at \_\_\_\_\_° Waveform  A  x'  C  V  y HJR +/- Kussmaul's +/-  
**Carotid:** Upstroke:  normal  delayed  brisk  bifid Volume:  normal  increased  decreased  
 A<sup>2</sup> audible over carotid?  Yes  No (if not audible: AV mean gradient ≥ 50 mm Hg i.e. severe AS)  
 Carotid Bruit:  right  left / Subclavian Bruit:  right  left / Vertebral Bruit:  right  left  
 Chest: (Trachea/Expansion/Percussion/Auscultation) \_\_\_\_\_

**Apex:**  Normal  Not palpable Location \_\_\_\_\_ Size \_\_\_\_\_  
 Dynamic Qualities:  Hyperdynamic  Sustained  Other \_\_\_\_\_  
 (In CAD:  Palpable S4/apex not sustained-EF>50%  palpable S4/apex sustained-EF 40-50%  No palpable S4/apex sustained-EF<40%)  
 Heart Sounds: S1  normal  ↑  ↓  variable  Split  Other \_\_\_\_\_  
 S2  single  physiologically split  paradoxically split ; A2  ↑  ↓ ; P2  ↑  ↓  
 S3  absent  present  
 S4  absent  present  
 OS  present; A2-OS  wide  medium  narrow  
 Pericardial knock  present Pericardial rub  present;  monophasic  biphasic  triphasic  
 Ejection click  present Non-ejection click  present

**Murmurs:** Systolic  ejection  regurgitant  mid (if more than one-place number in circle)  
 \_\_\_ Intensity \_\_\_/6 Location \_\_\_\_\_ Radiation \_\_\_\_\_  
 \_\_\_ Intensity \_\_\_/6 Location \_\_\_\_\_ Radiation \_\_\_\_\_  
 Diastolic  regurgitant  inflow rumble (if more than one-number in circle)  
 \_\_\_ Intensity \_\_\_/6 Location \_\_\_\_\_ Radiation \_\_\_\_\_  
 \_\_\_ Intensity \_\_\_/6 Location \_\_\_\_\_ Radiation \_\_\_\_\_

**Abdomen:**  Liver \_\_\_\_\_  
 Spleen \_\_\_\_\_  
 Mass \_\_\_\_\_  Aneurysm: size \_\_\_\_\_  Bruit: location \_\_\_\_\_  
 Pulses: 0 = absent; ↓ (1) = reduced; N (2) = normal; ↑ (3) = increased; ↑ (4) A = aneurysmal Bruit +/-

	Right	Bruit	Left	Bruit
Femoral				
Popliteal				
Posterior Tibial				
Dorsal Pedis				

Edema: \_\_\_\_\_  
 Trophic changes: \_\_\_\_\_  
 Pallor on elevation  
 Rubor on dependency

**ECG:** \_\_\_\_\_  
**Test Results:** \_\_\_\_\_

K \_\_\_\_\_ Cr \_\_\_\_\_ TSH \_\_\_\_\_ INR \_\_\_\_\_ Total Cholesterol \_\_\_\_\_ TG \_\_\_\_\_ LDL \_\_\_\_\_ HDL \_\_\_\_\_  
 Other: \_\_\_\_\_

**Assessment/Plan:**  
 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_

**Follow-up:**  1 month  2 months  3 months  6 months  1 year  other \_\_\_\_\_

**Key:** ● condition present Ø condition absent ○ not asked