

Baseline History and Physical

Physical Exam: Height _____ cm/ft-in Weight _____ kg/lb BMI: _____ (Normal < 25 Kg/m²)
 Waist circumference: _____ cm/in [abdominal obesity = waist >100 cm (men); >90 cm (women)]
 General Appearance: cyanosis clubbing arcus senilis xanthelasma xanthoma dyspnea
 Other: _____

HR: _____ **BP: R** _____/_____ **L** _____/_____ **lying**
HR: _____ **R** _____/_____ **L** _____/_____ **sitting**
HR: _____ **R** _____/_____ **L** _____/_____ **standing**
HR: _____ **R** _____/_____ **L** _____/_____ **○ 10" rest ○ lying ○ sitting**
RR: _____

Fundi: _____ Retinopathy Hypertensive - grade __/IV Diabetic - grade __/IV

Thyroid: _____

JVP: Height _____ cm > SA at _____ ° Waveform A x' C V y HJR +/- Kussmaul's +/-

Carotid: Upstroke: normal delayed brisk bifid Volume: normal increased decreased

A² 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 _____ Inspection _____ Expansion _____

Percussion _____

Auscultation _____

Precordium: Normal Thrill Heave Lift Describe _____ P2 palpable

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

Opening Snap 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 +=present; 0=absent

	Right	Bruit	Left	Bruit
Femoral				
Popliteal				
Posterior Tibial				
Dorsal Pedis				

Edema: _____

Trophic changes: _____

Pallor on elevation

Rubor on dependency

Other: _____

Key: ● condition present ∅ condition absent ○ not asked/assessed