

# Physical examination



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skin, head and neck



# skin

- **Color** (increased pigmentation, loss of pigmentation, redness, pallor, cyanosis, yellowing)
- **Moisture**
- **Temperature**
- **Mobility and turgor**
- **Lesions:**
  - *anatomic location and distribution*
  - *arrangement*
  - *type(s) of skin lesions*
  - *color*





B



- **Nails**
  - Color, shape, lesions
- **Hair**



look for oedemas or  
signs of dehydration



# signs of dehydration

- dry skin and mucous membranes
- weakness, fatigue
- no tears when crying
- sunken fontanelle
- CRT  $\geq$  2 sec.



head

# inspection

- shape
- size
- proportions
- features of dysmorphism

Head circumference: between  
3 c and 97 c



Normal



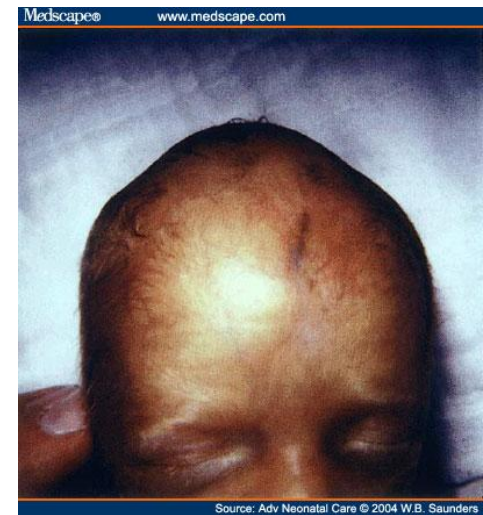
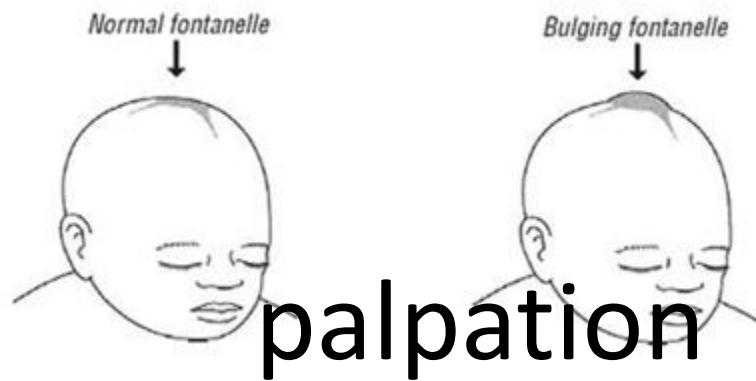
Plagiocephaly



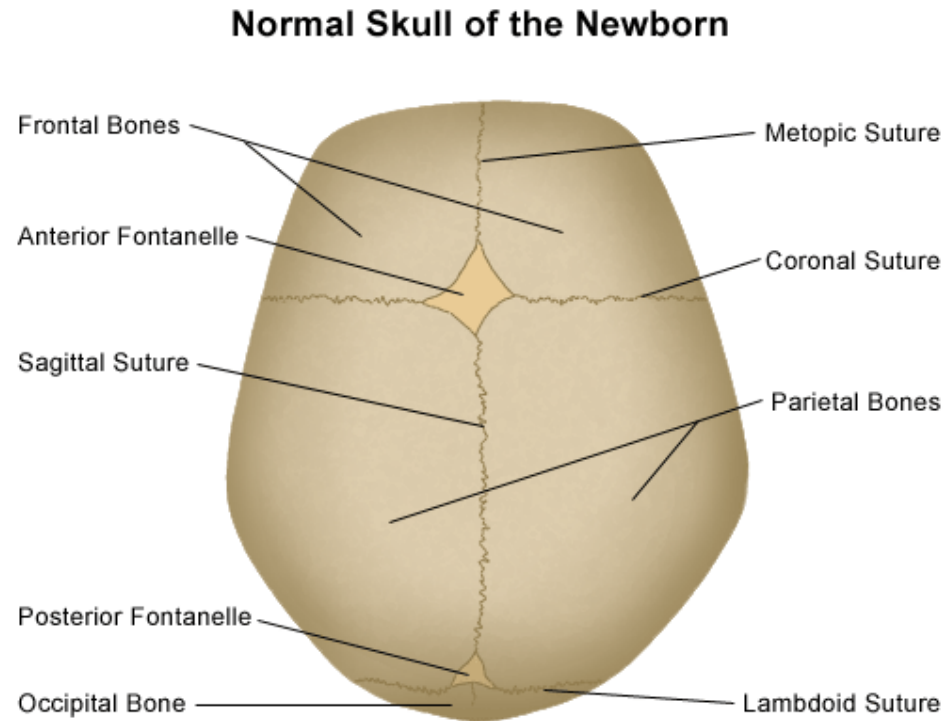
Brachycephaly



Scaphocephaly

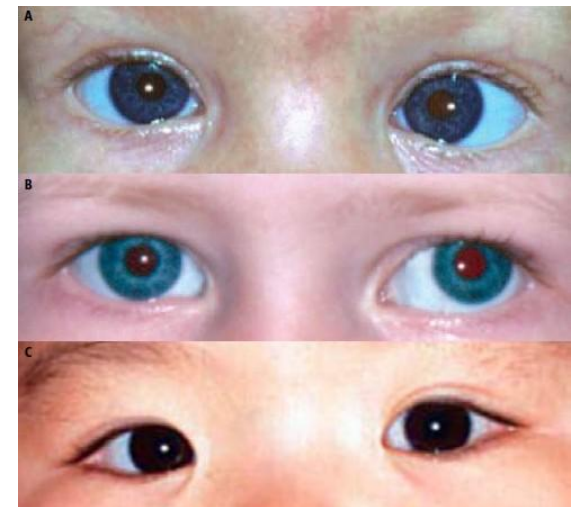
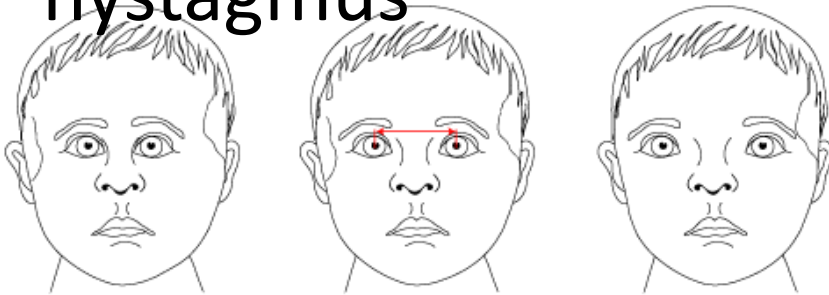


- Anterior fontanelle (to 18 mo.) and posterior (to 6-8 wo.)
  - diameter
  - tension
  - bulging
- Skull sutures
- Pain
- Post-traumatic changes



# eyes

- seating:
  - hyper-, hypotelorism
  - exophthalmia
- strabismus
  - Hirschberg test, cover test)
- eye movement
- nystagmus



# eyes



- eyelids: ptosis, edge
- epicanthic fold
- reflexes

(in Graves-Basedow disease, sunset eye sign)

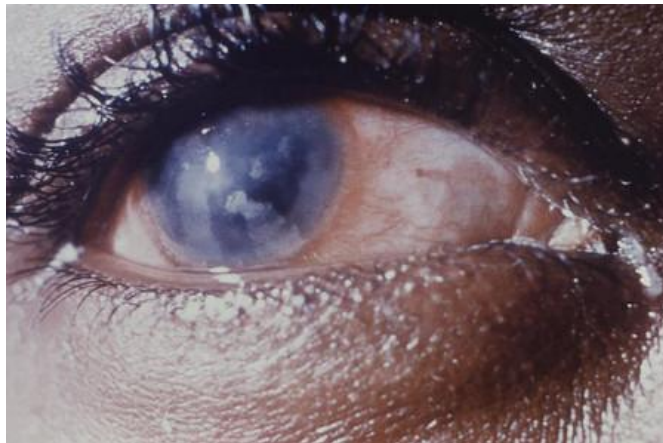
- Lacrimal apparatus





- conjunctiva (color, secretion)
- sclera (color)
- cornea (translucency)
- iris (shape)
- pupillas (shape, size, symmetry)
  - pupillary reactions





# nose

- obstruction
- discharge
- nasal septum

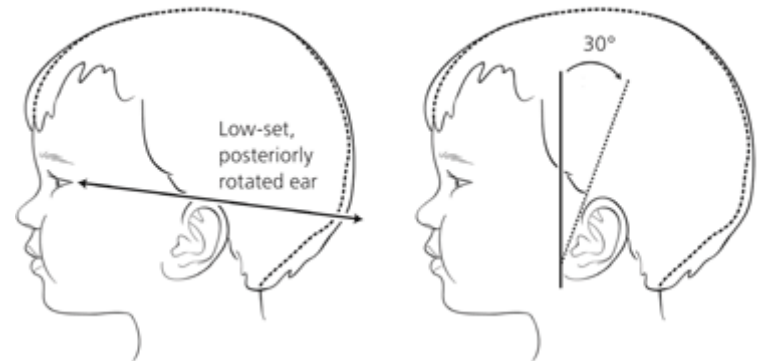
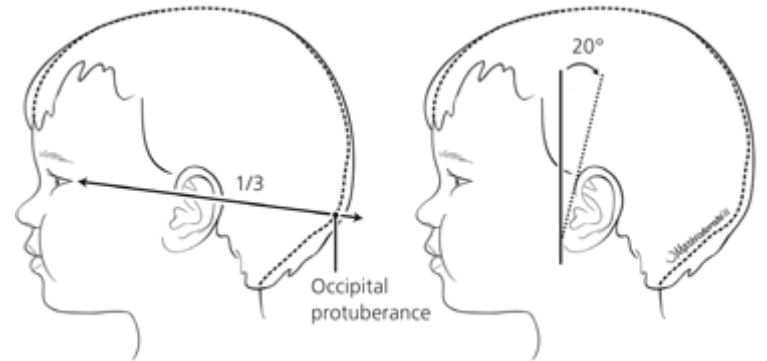


# Ears

## external part

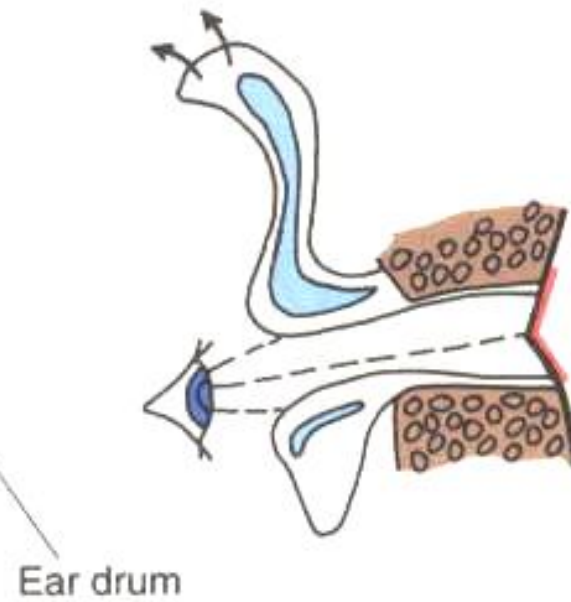
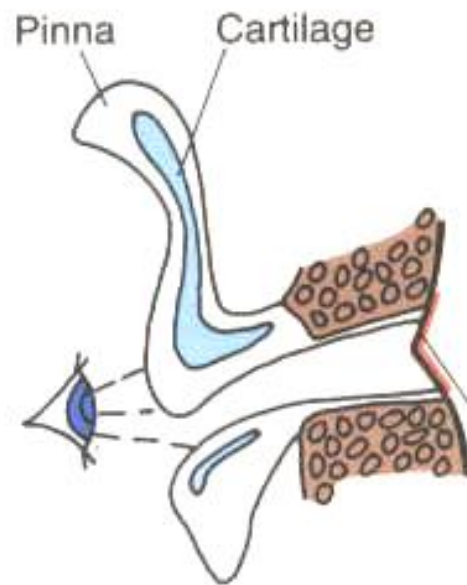
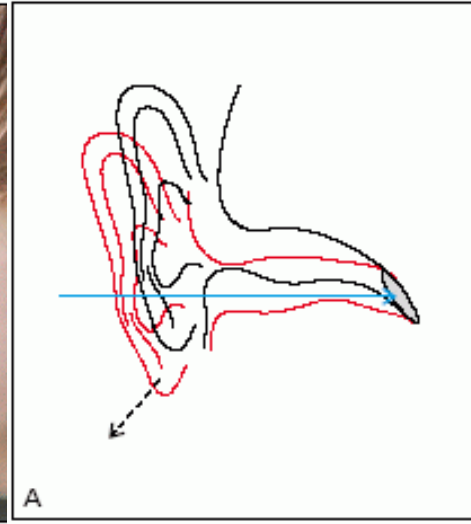
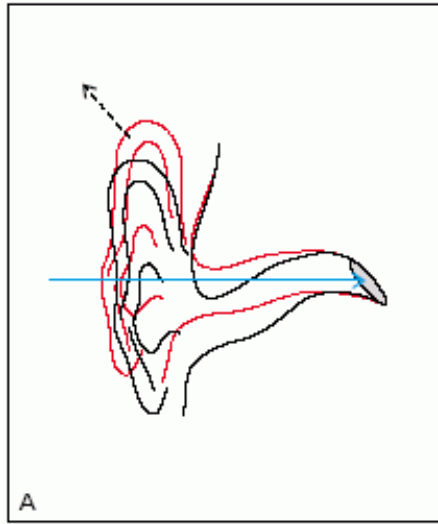


- shape, set
- Pain of tragus
- Pain of mastoid bone

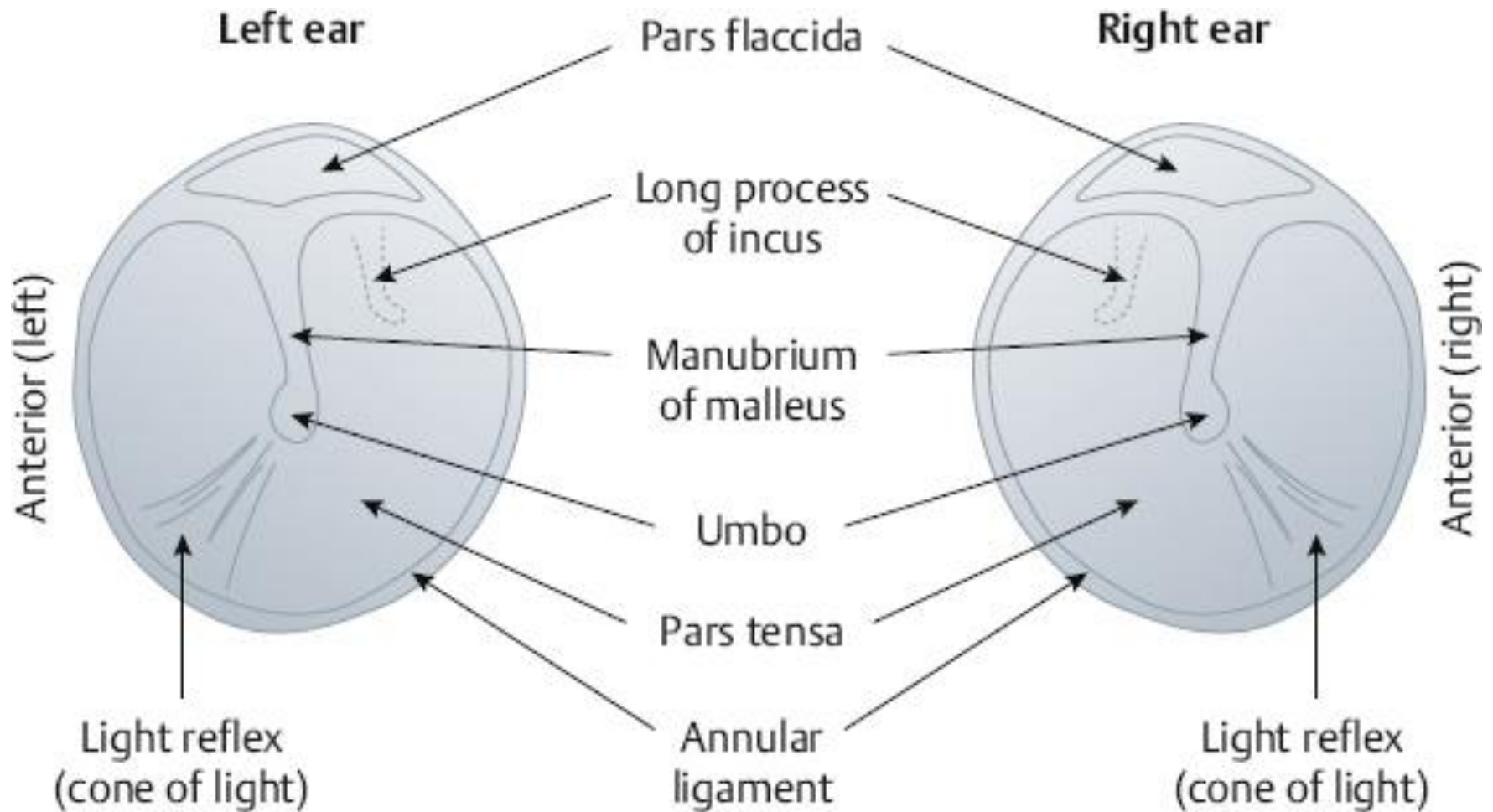


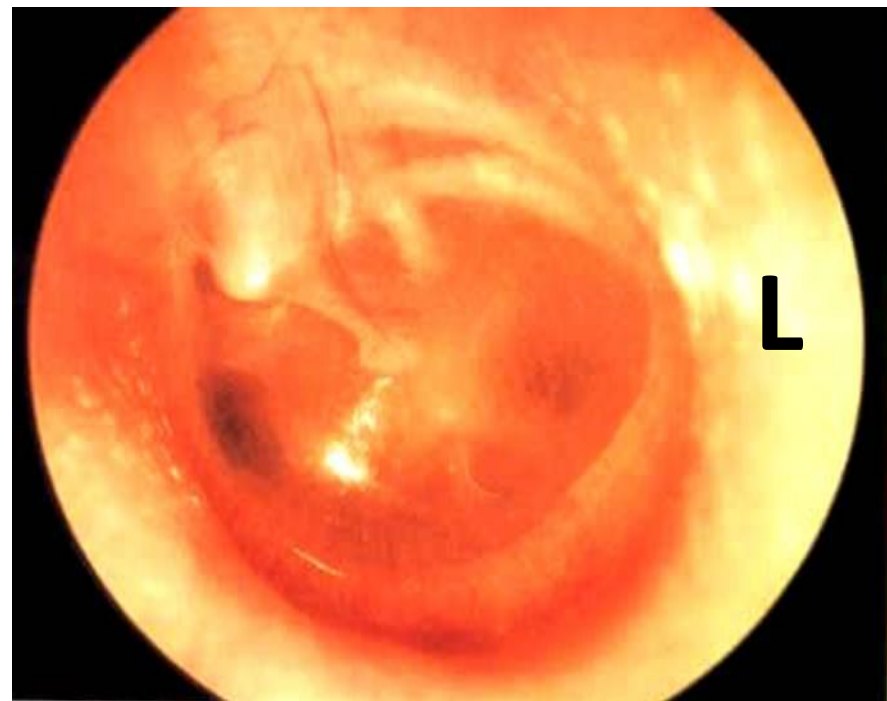
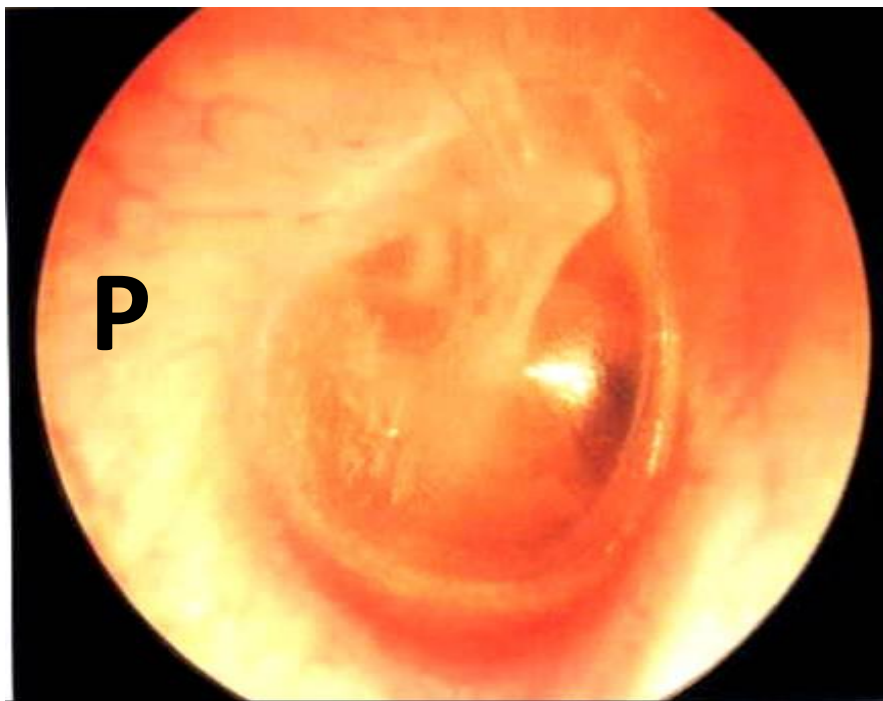
# otoscopy



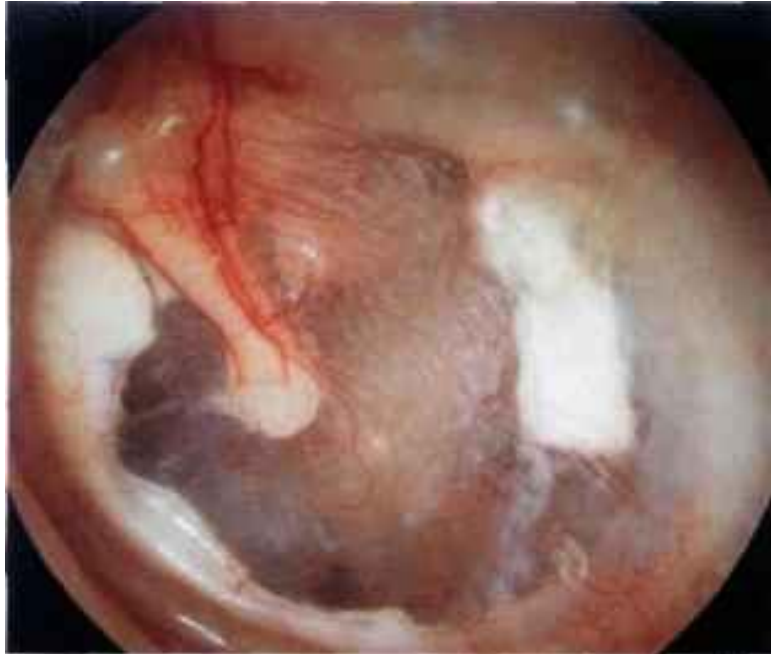


# Tympanic membrane





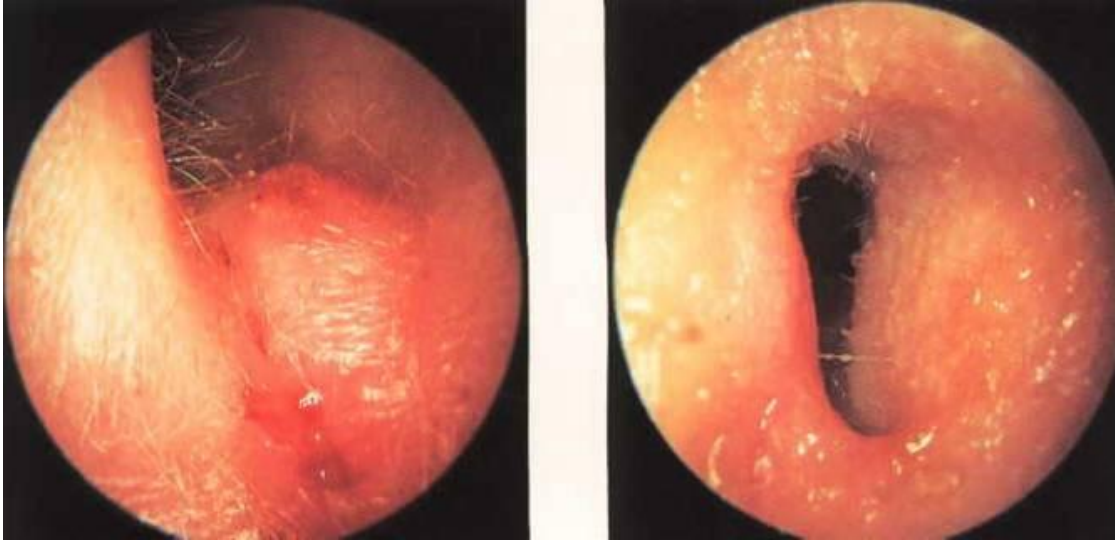
# findings



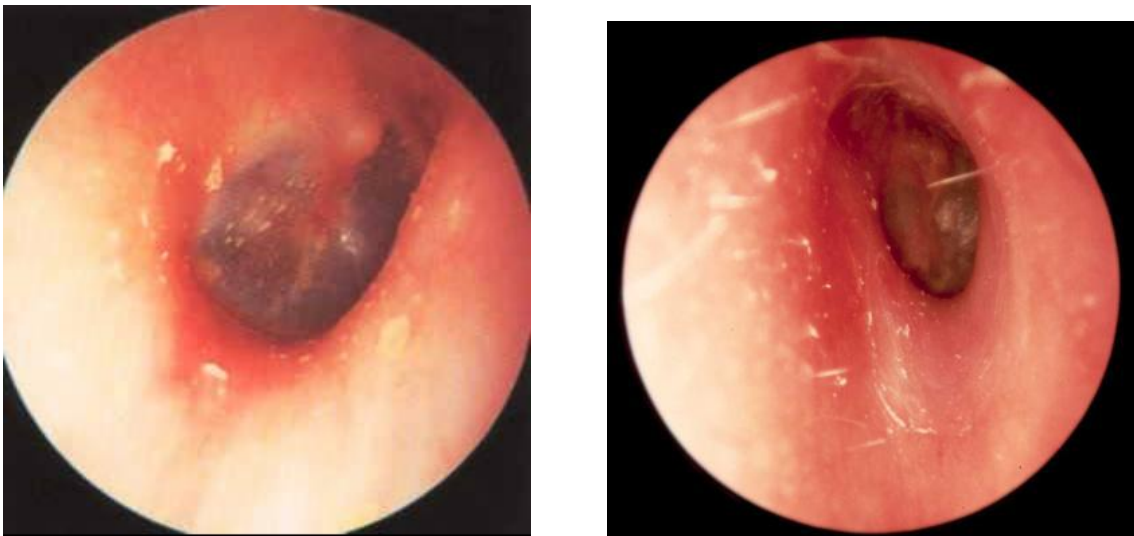
- tympanosclerotic plaque
- earwax
- ear tube
- foreign bodies



# Otitis externa

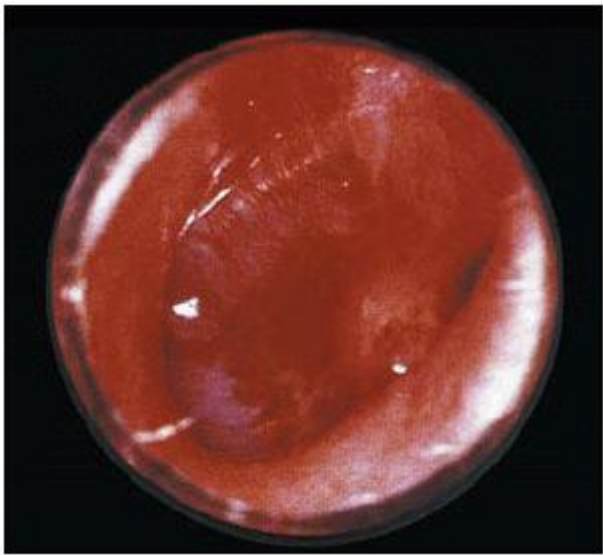


- redness
- oedema
- narrowing of the lumen



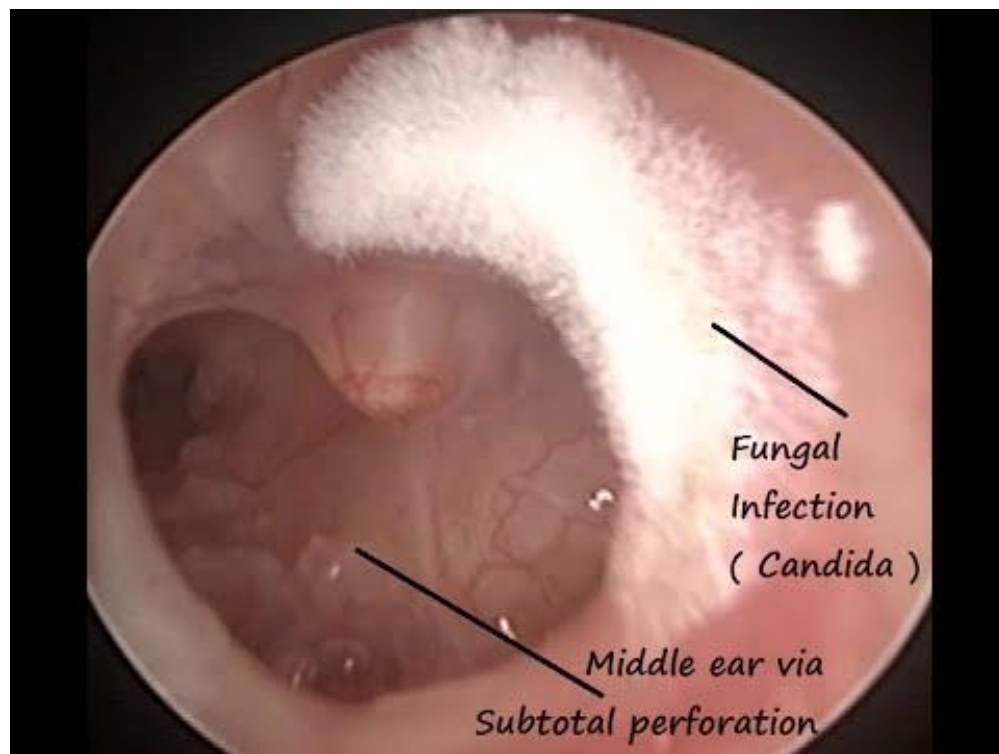
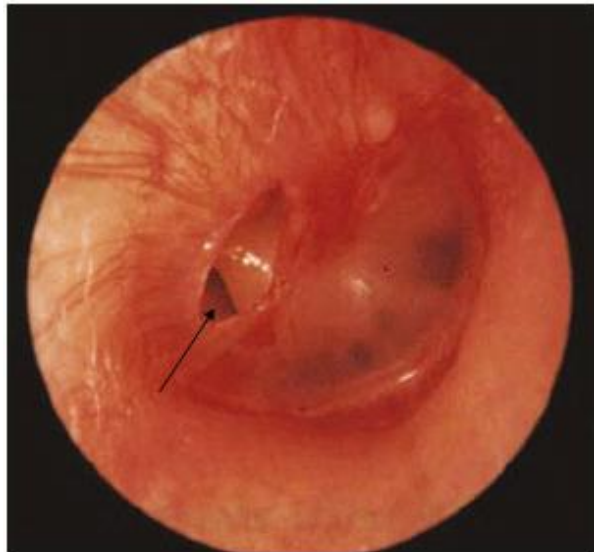
# otitis media





Otitis media



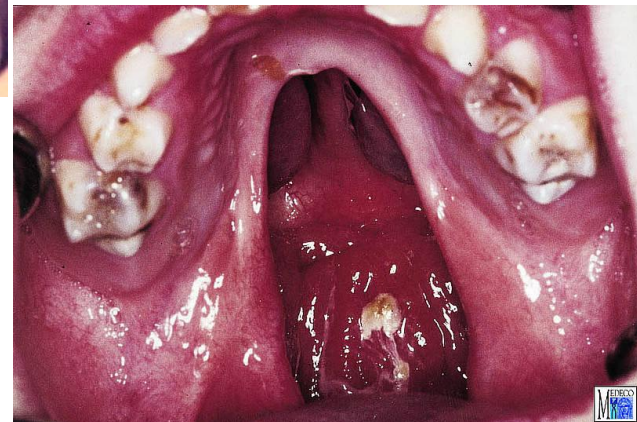
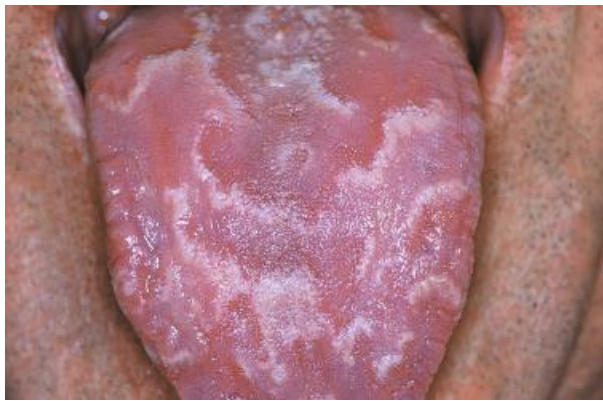


# mouth

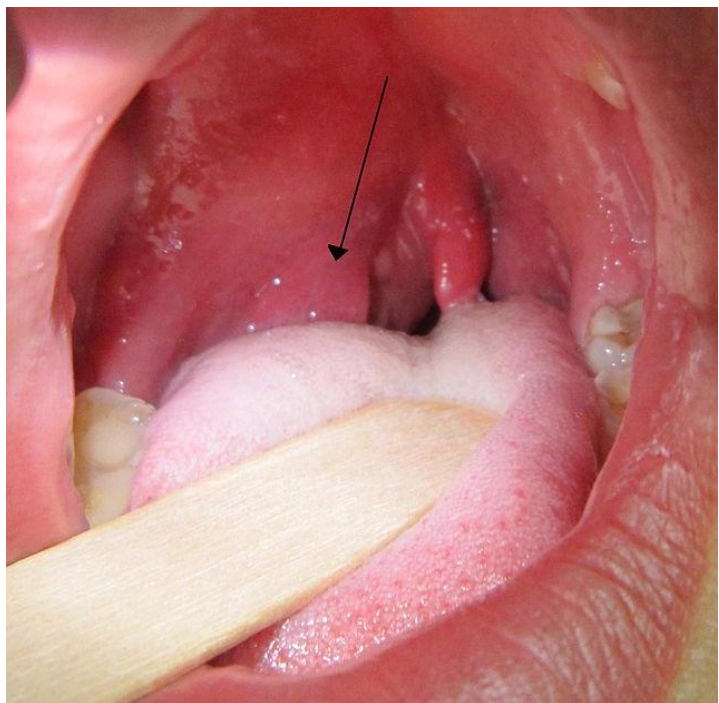
- lips
- mouth vestibulum
- tongue
- tooth
- hard/ soft palate
- tonsils
- posterior wall of the throat







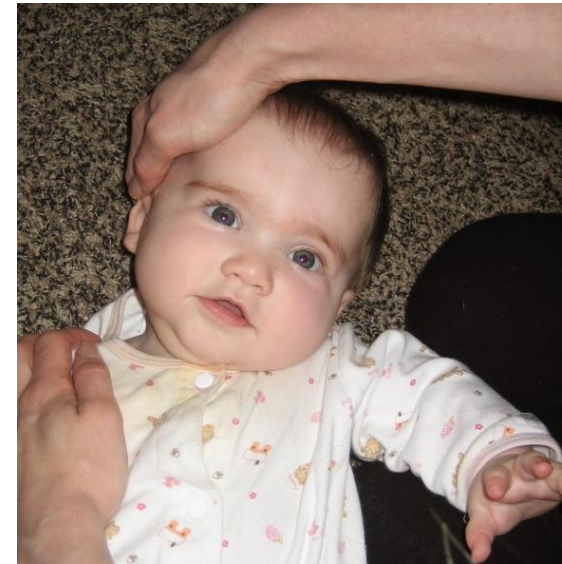
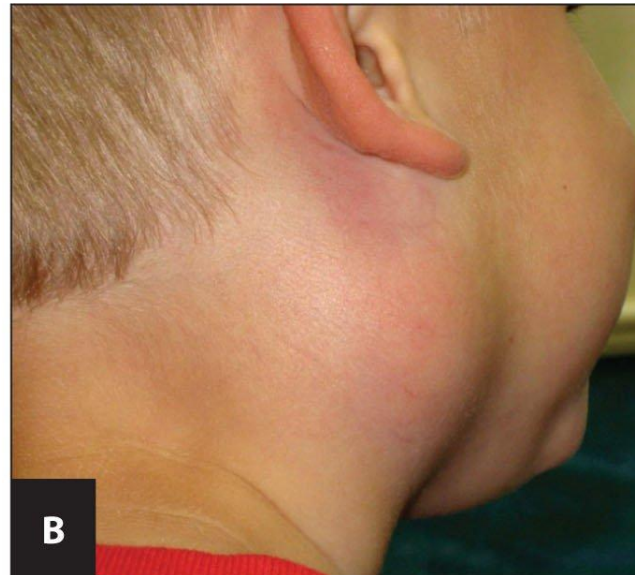






# Neck

- Shape
- Mobility
- Symmetry
- Thyroid gland



# Read:

- Tom Lissauer, Will Carroll. Illustrated Textbook of Paediatrics, Elsevier. Fifth edition.(with.T.Lissauer, W.Carroll. Self-assessment in Paediatrics).
- 2.Karen J. Marcdante, Robert M. Kliegman: Nelson Essentials of Pediatrics. Elsevier, Eighth edition
- 3.Denis Gill, Niall O'Brien. Paediatric Clinical Examination-made easy. Elsevier, Sixth edition
- 4.L.S. Bickley MD, Bates' Pocket Guide to Physical Examination & History Taking, Lippincott Williams & Wilkins