

HEALTH RISK BEHAVIOURS:

- Tobacco, alcohol, drugs

PHYSICAL EXAMINATION

The physical examination should be performed by skilled clinicians with particular focus on cardiovascular, neurological and orthopedic abnormalities that will lead to high risk of disability and death.

Important components of physical examination:

GENERAL:

- Height

- Weight

EYES, EAR, THROAT:

- Visual acuity

- Pupil symmetry

- Ear canals and tympanic membranes

- Nasal septum

- Teeth

- Throat lesions

LUNGS

- Breath sounds

- Chest expansion

- Contour of thoracic cage

CARDIOVASCULAR SYSTEM:

- Blood pressure in both arms

- Heart rate, rhythm

- Radial and femoral pulses

- Murmur

ABDOMEN:

- Tenderness
- Organomegaly
- Masses

SKIN:

- Rashes
- Lesions

GENITALIA:

- Testicles
- Hernia

MUSCULOSKELETAL (symmetry, ROM, strength, flexibility, balance):

- Neck
- Back
- Shoulder
- Elbow, wrist, hand
- Hip
- Knee
- Ankle, foot
- Gait

LABORATORY TESTS:

- Lipid profile
- Liver profile
- Kidney profile
- CBC
- ECG
- Hepatitis B, C
- HIV antibodies
- Bone mineral density
- Body fat composition
- Peak flow and pulmonary function test
- Gait assessment and biomechanical analysis