# Observation in Cardiorespiratory Assessment

BY

Dr Hina Vaish (PT)



#### Observe head to toe in systematic manner

#### Face

Facial expression

Swelling

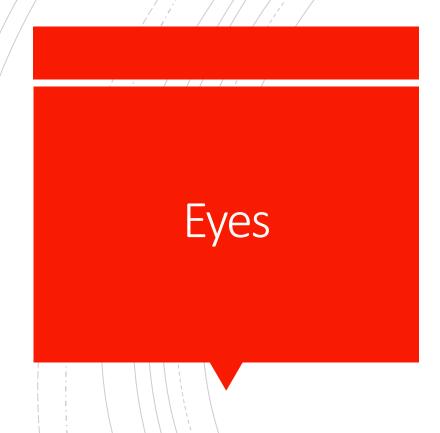
Mode of ventilation:spontaneous/oxygen support/ ventilor support

If oxygen support: Oxygen delivery device, Fraction of inspired oxygen

If ventilator support: NIV, Invasive ventilation : Endotracheal intubation/tracheostomy

Mode of ventilator, Fraction of inspired oxygen, Tidal volume, Pressures, PEEP ( if any)

References: 1) Principles and practice of Cardiopulmonary Physical therapy, 2nd Edition; 2) Hough's Cardiorespiratory care; an evidence based problem solving approach, 4th edition



Eyes

Sclera clear/muddy,palor,ictrus

Eyelid -ptosis

References: 1) Principles and practice of Cardiopulmonary Physical therapy, 2nd Edition; 2) Hough's Cardiorespiratory care; an evidence based problem solving approach, 4th edition

### Nose and lips

Nose

Nasal flaring

Lips

Cyanosis

Pursed lip breathing

Neck

Position of trachea: midline/right/left

Jugular vein distension

Use of accessory muscles

Tracheal tug



#### • Thorax:

Posture: rounded shoulders, protruded neck, kyphosis, / scoliosis/ kyphoscoliosis

Chest wall deformities: Pectus carinatum/Pectus excavatum

Type of breathing: rapid/shallow/deep

Effort of breathing:

Pattern of breathing: Thoraco abdominal/abdomino thoracic

Abnormal breathing pattern: Apnea/Biot's//Cheyne- stokes/ Kussmauls/ paradoxical/asthmatic/flail chest

Labored Breathing signs: Intercostals indrawing/retractions /Supra clavicular indrawing /Sub costal indrawing

Hoovers sign

Harrisons sulcus

Chest leads if any

Drains if any

Any binder

## Abdomen and limbs

#### Abdomen

Abdominal paradox

Drains if any

#### Upper limb

Clubbing:

Cyanosis:

Nicotine stain:

Capillary filling time:

Tremor

Swelling

Wound/Ulcer

Lines/ tubes

#### Lower limb

Swelling

Wound/ulcer

Lines/tubes



- Wound
- Decubitus Ulcer : If yes

Grade

Location

References: 1) Principles and practice of Cardiopulmonary Physical therapy, 2nd Edition; 2) Hough's Cardiorespiratory care; an evidence based problem solving approach, 4th edition