

Physical Examination of a Surgical Patient

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Sabah Hassan Ketan Aldaragee

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*I dedicate this book to my wife Dr Dina for her support,
To my brothers,
To my lovely sons Mohammad Noor, Zain Al Abedean and Tariq,
To my attentive students,
To my patients,
To all those who have given their supports in bringing this book into view,
But above all, my parents.*

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PREFACE

The art of physical examination and history taking is an integral part of medicine. If you acquire the skills of picking up correct and important information and conduct optimal physical examination, your diagnosis in most of the cases will be correct. Many books on physical examinations were written in the authors' own ways of demonstrations and explanations. Many students complained of such varieties in physical examinations and show hesitations when performing their clinical examinations. I will try in this book to standardise these methods.

The book starts with history taking with essential and optimal questions to ask the patient and the reasons behind it. The subsequent chapters involves examination of the patient in a systematic and clinically-applied methods according to priorities. It is written in a way that students will find interest in reading this book and finally will be able to remember and apply the available information, as most of the information is clinically correlated to specific diseases. I hope this book will help all students and graduates alike. I would be happy to receive any comments or opinions to ensure the success of this book and ultimately, the medical students.

I would also like to take this opportunity to register my thanks to Dr Khin Maung Ohn @ Arif for helping in capturing the demonstrations photos. Above all, we must always remember to give our thanks to Allah (God).

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INTRODUCTION

History taking and physical examination are valuable skills that are gained both through a cornerstone scientific knowledge and experience. Unfortunately, a majority of the medical students and new graduates lack competence in physical diagnosis. Most of the medical students faced a difficult choice in conducting physical examination due to the availability of different methods of examination of the patients. Due to lack of experience of these students and new graduates, they find themselves wandering among such different methods and approaches. For these reasons, a strong desire has risen and pushed me to publish a book that contains the methods of conducting examinations in a standardised way. My book will help the students and junior doctors in handling patients systematically and scientifically, starting from history taking to physical examination of the patient from the vertex to the tip of the big toe. The ways of demonstrating these examinations are clear, simple, attractive and comprehensive. Students will find that all the information is updated and correlated, in most instances, with the medical problems or diseases. I hope that the students and new graduates will reach the optimum level of learning and will truly appreciate the art of the science of history taking and physical examination.