Appendix B. **REVIEW OF SYSTEMS (EXHAUSTIVE)**

### Development of a HPI:

- Chief complaint (description of current episode)
- Duration of current episode
- Onset (gradual vs. sudden)
- Progression since onset (lessening vs. worsening)
- Precipitating factors
- Exertion
- Trauma/muscle strain
- Emotional stress
- Food intake
- Aggravating/relieving factors
- Activity/exercise
- Position
- Breathing/coughing/sneezing
- Movement
- Touch (tenderness)
- Food intake
- Self Rx
- Physician/other Rx

### Associated symptoms

- Prior similar episodes:
  - Number of prior episodes
  - Frequency of episodes (increasing/decreasing?)
  - Severity of episodes changing?
  - Durations of episodes changing?
  - Precipitating factor(s)
  - Exertion
  - Emotional stress
  - Food Intake
  - Exacerbating/relieving factors
  - Activity/exertion
  - Position
  - Breathing/coughing/sneezing
  - Movement
  - Touch (tenderness)
  - Food intake
  - Self Rx
  - Physician/other Rx

### Associated symptoms

- Associated symptoms

### Prior diagnosis and/or work-up (who, where, when?)

[A review of appropriate systems should be conducted at this point.]

### Impact of illness on daily routine/lifestyle/employment

- FH similar illness
- Chronic diseases/disabilities
- Current medications
- Medication allergies

### Occupational/Activity History

- Occupation
- Hobbies/recreational activities
- Household chores/duties

### Exposures:

- Asbestos
- Dust (silicates, coal, plaster, insulation)
- Solvents/chemicals (inc. vapors)
- Noise
- Heavy metals (e.g. lead: paint, plumbing; arsenic: treated lumber)
- Toxins/caustics (e.g. pesticides, herbicides, Rodenticides)
- Medications (e.g. in anesthesia and chemotherapy nurses)

### Physical activities:

- Sports/hobby-related
- Occupational

### Pain Review – An example of HPI Development:

- Pain: Location (precise)
- Pain: Duration of current episode
- Pain: Quality (aching, dull, sharp)
- Pain: Intensity/severity (mild/moderate/severe)
- Pain: Deep vs. superficial
- Pain: Radiations
- Pain: Onset
- Pain: Progression (stable vs. increasing intensity)
- Pain: Precipitating factor(s)?
- Trauma/muscle strain
- Exercise/exertion/activity associations
- Emotional stress
  - Food intake
- Pain: Aggravating/relieving factors
  - Position
  - Movement
  - Touch (overlying tenderness)
  - Breathing/coughing/sneezing
  - Food intake
  - Self Rx (medications, etc.)
  - Physician Rx
- Pain: Interference with sleep
- Pain: Associated Sx

### Prior similar pain

- First time pain noted
- Number of prior episodes
- Durations of prior episodes
- Prior pain like/unlike
- Present episode (how different?)
- Episodes increasing/decreasing in frequency?

### Precipitating factors for prior episodes

- Exertion/activity associations
- Food intake
- Emotional Stress
- Aggravating/relieving factors
- Position
- Movement
- Touch (overlying tenderness)
- Breathing/coughing/sneezing
- Food intake
- Self Rx (medications, etc.)
- Physician Rx
- Related to prior illness(es) or surgeries
- Psychosocial stressors

[Appropriate ROS data should be included at this point: e.g. for chest pain-CV, pulm, GI, MS and psych ROS data may all be relevant here.]

### Impact of pain on lifestyle/daily routine

- Patient concerns about pain
- FH similar problems/pain
- Current meds
- Chronic diseases
- Medication allergies
<table>
<thead>
<tr>
<th>Infectious Disease Review:</th>
<th>General</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact with ill individuals (children, spouse, friends, occupational)</td>
<td>Age</td>
</tr>
<tr>
<td>Recent travel (esp. foreign)</td>
<td>Height/weight</td>
</tr>
<tr>
<td>Outdoor activities</td>
<td>Occupation</td>
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<tr>
<td>Insect exposure (ticks, spiders, mosquitoes)</td>
<td>General health</td>
</tr>
<tr>
<td>Unpurified water consumption (giardiasis)</td>
<td>Febrile</td>
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<tr>
<td>Animal exposures</td>
<td>Night sweats</td>
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<tr>
<td>Pets (inc. ill pets)</td>
<td>Appetite</td>
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<tr>
<td>Farm animals</td>
<td>General mood</td>
</tr>
<tr>
<td>Endemic animals (birds, rats, mice, skunks, squirrels, bats, other wild)</td>
<td>Chronic diseases</td>
</tr>
<tr>
<td>Carcasses (e.g. from hunting, taxidermy)</td>
<td>Disabilities/im pairments</td>
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<tr>
<td>TB contact</td>
<td>Medications (OTC and prescription)</td>
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<tr>
<td>Last TB skin test</td>
<td>Medication allergies</td>
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<tr>
<td>Last CXR</td>
<td>Weight changes (esp. recent)</td>
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<tr>
<td>Immunizations (inc. flu, pneumovax, hepatitis B, rubella, tetanus)</td>
<td>Prior health care</td>
</tr>
<tr>
<td>Immunological deficiency Hx (heritable, 2 CA/HIV)</td>
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<tr>
<td>Medications (esp. steroids, immunosuppressive, CA meds, antimicrobials)</td>
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<tr>
<td>Rash/skin changes</td>
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<tr>
<td>Lymphadenopathy</td>
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<td>Weight loss</td>
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<tr>
<td>Night sweats/fever/chills/ribors</td>
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<tr>
<td>Respiratory Sx</td>
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<tr>
<td>Sore throat</td>
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<td>Runny nose</td>
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<td>Ear congestion</td>
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<td>Cough</td>
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<tr>
<td>Sputum +/- and color</td>
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<tr>
<td>esp. yellow/green</td>
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<tr>
<td>Hemoptysis</td>
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<tr>
<td>Dyspnea (resting, exertional)</td>
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<tr>
<td>Chest pain (esp. pleuritic)</td>
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<tr>
<td>CNS Symptoms</td>
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<tr>
<td>Headache</td>
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<td>Stiff neck</td>
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<tr>
<td>Impaired mentation/consciousness</td>
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<tr>
<td>Seizure</td>
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<td>Heart Problems</td>
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<tr>
<td>Rheumatic/valvular heart disease</td>
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<tr>
<td>(murmur) Hx</td>
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<tr>
<td>Changes in Urination</td>
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<tr>
<td>Dysuria</td>
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<tr>
<td>Frequency/nocturia</td>
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<tr>
<td>Urgency</td>
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<tr>
<td>Void volume changes</td>
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<tr>
<td>Back/flank pain</td>
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<tr>
<td>Hx recurrent UTI's and/or UT abnormalities/surgeries</td>
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<tr>
<td>Reproductive tract problems</td>
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<tr>
<td>Discharge</td>
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<tr>
<td>Lesions</td>
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<tr>
<td>Hx VD/RT infections</td>
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<tr>
<td>Number and sex of present &amp; past sex partners</td>
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<tr>
<td>Partners with HIV/AIDS or HIV risk factors</td>
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<tr>
<td>Dyspareunia (women)</td>
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<tr>
<td>Abdominal pain/tenderness</td>
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<td>LMP</td>
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<tr>
<td>Tampon use +/-</td>
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<tr>
<td>Contraception (esp. IUD)</td>
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<tr>
<td>Skin/Hair/Nails</td>
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<tr>
<td>Urticaria</td>
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<td>Rashes</td>
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<td>Lesions (eruptions, abscesses, ulcers)</td>
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<tr>
<td>Dry Skin</td>
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<tr>
<td>Pruritus</td>
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<tr>
<td>Skin color changes</td>
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<tr>
<td>Pallor</td>
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<tr>
<td>Cyanosis</td>
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<tr>
<td>Hyperpigmentation</td>
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<tr>
<td>Hx of biopsy</td>
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<tr>
<td>Hx dermatological disease</td>
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<tr>
<td>Eczema</td>
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<tr>
<td>Psoriasis</td>
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<tr>
<td>Acne</td>
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<tr>
<td>Nail color changes</td>
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<tr>
<td>Brittle nails</td>
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<tr>
<td>Nail hemorrhages</td>
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<tr>
<td>Clubbing</td>
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<tr>
<td>Change in hair distribution</td>
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<tr>
<td>Alopecia</td>
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<td>Hirsutism</td>
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<td>Brittle/dry hair</td>
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<td>Hair texture (esp. changes)</td>
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<tr>
<td>Cardiovascular:</td>
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<tr>
<td>Chest pain (esp. exertional, see pain section below)</td>
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<tr>
<td>Dyspnea</td>
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<tr>
<td>Resting</td>
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<td>Exertional</td>
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<td>Orthopnea</td>
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<td>PND</td>
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<td>Nocturia/urinary frequency</td>
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<td>Edema (esp. leg/foot)</td>
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<tr>
<td>Palpitations/irregular heartbeat</td>
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<td>Tachycardia/bradycardia</td>
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<tr>
<td>Fainting/dizziness/syncope</td>
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<tr>
<td>Postural hypotension</td>
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<tr>
<td>Claudication</td>
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<tr>
<td>Varicosities</td>
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<tr>
<td>Raynaud Sx</td>
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<tr>
<td>Hx CV diseases</td>
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<td>MI/angina</td>
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<td>HTN</td>
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<td>CHF</td>
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<tr>
<td>Rheumatic/valvular disease (murmurs)</td>
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<tr>
<td>Arrhythmias</td>
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<tr>
<td>Hx pulmonary emboli/DVT's</td>
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<tr>
<td>Hypercholesterolemia</td>
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<tr>
<td>Postmenopausal +/-</td>
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<tr>
<td>Hx diabetes</td>
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<tr>
<td>Hx smoking</td>
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</tbody>
</table>
### HEET/Neck:

- **Head/Neck problems**
  - Lumps/bumps/lymphadenopathy
  - Headaches
  - Sinus problems
  - Jaw discomfort (TMJ)
  - Thyroid problems
- **Eye problems**
  - Diplopia
  - Blurring
  - Color blindness
  - Cataracts +/-
  - Glaucoma +/-
  - Last glaucoma test
  - Flashing light/stars
  - Floaters
  - Eye Fatigue
  - Photophobia
- **Injury**
  - Pruritus
  - Blepharospasm
  - Nystagmus
- **Corrective lenses +/- (inc. contacts)**
  - myopia
  - hyperopia
  - Scotomata
  - Last eye exam
- **Ear problems**
  - Ear congestion
  - Tinnitus
- **Nose problems**
  - Sinusitis
  - Sinus problems
  - Nasal congestion
  - Congestion
  - Drainage
  - Obstruction
  - Rhinorrhea
  - Tonsillitis
  - Seasonal problems

### Respiratory:

- **Dyspnea**
  - Resting
  - Exertional
  - Orthopnea
  - PND
  - Cough
  - Productive +/-
  - Sputum color
  - Hemoptysis
  - Yellow/green sputum
- **Ear congestion**
  - Sputum quality
  - Sputum (foul odor?)
  - Chest pain (esp. pleuritic cyanosis/pallor)
- **Hx pulmonary disease**
  - COPD
  - Asthma
  - Recurrent pulmonary infections/pneumonia
  - Impaired visual fields/peripheral vision
  - Cystic fibrosis
- **Hx TB/TB exposure**
  - URI Sx (other)
  - Sore throat
  - Nasal congestion

### Gastrointestinal:

- **Appetite**
  - weight loss
  - Mouth lesions
  - Dysphagia
  - Sour mouth taste
  - Pyrosis
  - Antacid use +/-
  - Nausea/emesis
  - Hematemesis
  - Dysgusia
  - Jaundice
  - Dark urine
  - Abdominal pain (esp. associated with eating, see pain section below)
  - Flatulence
  - Eruption
  - Stool changes
  - Color
  - Red
  - Black/tarry
  - Grey/tan/pale
  - Odor (esp. foul)
  - Consistency (soft/loose/hard)
  - Frequency (diarrhea/constipation)
  - Stool incontinence
  - Stool guaiac +/- (hen, results?)
  - Proctoscopy/barium enema +/-
  - Hx GI disease
  - PUD
  - Reflux esophagitis
  - Diverticulosis/itis
  - Inflammatory bowel disease
  - Irritable bowel syndrome
  - Colon polyps/CA
  - Liver disease (esp. cirrhosis, hepatitis, biliary tract)
  - Choledolithiasis
  - Pancreatitis
  - Hemorrhoids
  - Hx prior abdominal surgery
  - Hx hernias
  - Coffee intake
  - Alcohol intake
  - Aspirin NSAID intake
  - Hx smoking
### Nutritional/Diet Survey
- **Special diet +/-** (e.g. ovo/lactam, vegetarian, low sodium, low cholesterol; incl. rational, e.g. Kosher, Hx diabetes)
- Number of meals consumed daily (incl. times meals taken)
- Preparation of consumed meals (e.g. self at home, McDonalds, meals on wheels)
- Typical meals (incl. concrete examples)
- Between meal eating
- Beverages (incl. soft drinks, coffee, alcohol)
- Dietary supplements (incl. vitamins, health food preparations)
- Dieting?

### Urological
- **Urination problems**
  - Dysuria
  - Hematuria/urine color change
  - Pyuria
  - Void-volume changes
  - Frequency changes
  - Dribbling
  - Hesitancy
  - Incontinence
  - Enuresis
  - Oliguria
  - Hx UT disease/anomalies
    - UT infection (esp. recurrent)
    - Renal failure
  - Stones
  - Prostate problems

### Hematologic/Lymphatic
- **Bleeding problems** (incl. hemophilia, hemoptysis)
  - Bruising
  - Slow clotting (incl. hemophilia)
  - Hematuria
  - Heavy periods/abnormal vaginal bleeding
  - Menela
  - Hematochezia
- Anemia (incl. sickle cell, thalassemia)
- Prior blood transfusions (and rxns)
- Lymphadenopathy (incl. cervical, inguinal, axillary)
- Impaired wound healing
- Recurrent infections +/-
- Weight loss
- Hx immunosuppression
- HIV/AIDS
- Hx CA

### Endocrine/Metabolic
- **Weight loss/gain**
- Heat/cold/intolerance
- Weakness/fatigue
- Diaphoresis
- Hyperphagia
- Nervousness/irritability
- Palpitations/tachycardia
- Hypertension
- Sleep changes
- Polyuria
- Nocturia
- Change in urinary frequency +/-
- Excessive thirst
- Vision changes
- Visual fields/peripheral vision
- Changes in skin pigmentation +/-
- Changes in bowel movements
- Changes in hair and hair distribution
- Galactorrhea
- Gynecomastia
- Menstrual changes
- LMP

### Reproductive
- **Sexually active +/-**
  - Frequency of intercourse
  - Number and sex(es) of partners
  - VD/HIV/AIDS in partners?
- **Sexual dysfunction**
  - Impotence
  - Dyspareunia
  - Vaginismus
  - Decrease libido
  - Abdominal pain (esp. during intercourse or menstruation, see pain section)
- **Genital lesions**
  - Discharge
  - Odor
  - Bloody?
- **Hx UT disease/anomalies**
  - Age of menarche
  - Age at menopause
  - Post menopausal Sx +/-
  - LMP
  - Duration of bleeding
  - Pattern/severity of bleeding
  - Frequency and regularity of periods
  - Spotting
  - Premenstrual syndrome
  - Tampons +/-
  - Contraception
  - Pregnant?
  - Gravida x?
  - Para x?
  - Abortions x?
- **Last PAP**
- **Testicular problems**
  - Pain
  - Lumps/enlargement
  - Injury
- **Hemia**
  - Hx VD
  - Chlamydia
  - GC
  - Syphilis
  - HIV +/- AIDS
- **Hx reproductive disorders?**
  - Inability to conceive
  - PID
  - Ectopic pregnancy
  - RT surgery +/- (e.g. hysterectomy, vasectomy)
- **Breast problems?**
  - Routine self exams +/-
  - Lumps
  - Pain/tenderness
  - Discharge
  - Retraction of nipple
  - Dimpling of skin

### Musculoskeletal
- **Bone/joint problems**
  - Pain (inc. backache)
  - Inflammation/swelling
  - Calor/warmth
  - Erythema/redness
  - Tenderness
  - Limitation of movement
  - Stiffness
  - Daily fluctuation
  - Crepitus
  - Interference with daily activities
- **Hx bone disease**
  - Fractures/deformations
  - Dislocations
  - Arthritis
  - Osteoporosis
  - Gout
- **Muscle/other rheumatologic problems**
  - Myalgias
  - Tenderness
  - Weakness
  - Atrophy
### Neurological:
- Headaches
- Dizziness/vertigo
- Fainting/LOC
- Seizures
- Tremor/movement disorder
- Tic
- Memory impairment
- Impaired cognition
- Motor impairment (inc. gait)
- Paresis
- Paralysis
- Impaired speech/dysphasia, aphasia
- Sensory impairment (numbness/tingling)
- Paresthesia
- Hyperesthesia
- Hypesthesia
- Coordination impairment
- Ataxia
- Apraxia
- Vision problems +/-
- Visual fields
- Amaurosis fugax
- Hx neuro problems
- CVA/TIA
- Parkinson's
- Seizure disorder
- Dementia
- CP
- MS
- Trauma

### Psychological/psychiatric:
- Depression
- Duration
- Elation (alternating w/depression)
- Weight change
- Appetite change
- Sleep change
- Loss of interest
- Libido changes
- Moodiness
- Hallucinations (inc. auditory, visual, gustatory, olfactory, tactile)
- Delusions (inc. persecutory)
- Anxiety/nervousness
- Agoraphobia
- Substance abuse (inc. drugs, alcohol, prescription meds)
- Anorexia nervosa-binge/purge
- Suicidal/homicidal ideation

### Psychosocial stressors:
- Family life/romantic life
- Financial
- Employment
- Peers/social life
- Schools
- Hx being abused
- Hx psychiatric disorders
- Depression
- Bipolar
- Psychosis
- Substance abuse
- Anxiety
- Eating disorder (anorexia-binge/purge)

### Mental Status Examination:
- Orientation (person, place and time)
- Affect
- Speech/language
- Writing/figure reproduction
- Memory (short and long term)
- Calculation (e.g. serial sevens)
- Proverb interpretation
- Judgment

[See also ROS psych section.]