APPENDIX B
REVIEW OF SYSTEMS (EXHAUSTIVE)
WITH SPECIAL HISTORY AND PHYSICAL SECTIONS

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
___ Prior diagnosis and/or work-up
   (who, where, when?)
___ Hx related illness and/or surgery
   [A review of appropriate systems should be conducted at this point.]
___ Impact of illness on daily routine/lifestyle/employment
___ Patient concerns about illness
___ FH similar illness
___ Chronic diseases/disabilities
___ Current medications
___ Medication allergies

Pain Review – An Example of HPI Development:

___ Pain: Location (precise)
___ Pain: Episodic vs. chronic
___ 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
___ 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
___ Preceding illness/chronic diseases
___ 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
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

Infectious Disease Review:

- Contact with ill individuals (children, spouse, friends, occupational)
- Recent travel (esp. foreign)
- Outdoor activities
  - Insect exposure (ticks, spiders, mosquitoes)
  - Unpurified water consumption (giardiasis)
- Animal exposures
  - Pets (inc. ill pets)
  - Farm animals
  - Endemic animals (birds, rats, skunks, squirrels, bats, other wild)
  - Carcasses (e.g. from hunting, taxidermy)
- TB contact
  - Last TB skin test
  - Last CXR
  - Immunizations (inc. flu, pneumovax, hepatitis B, rubella, tetanus)
- Recent and/or recurrent infection Hx
- Immunological deficiency Hx (heritable, 2 CA/HIV)
- Medications (esp. steroids, immuno-suppressive, CA meds, antimicrobials)
- Rash/skin changes
- Lymphadenopathy
- Weight loss
- Night sweats/fever/chills/rigors
- Respiratory Sx
  - Sore throat
  - Runny nose
  - Ear congestion
  - Cough
    - Sputum +/- and color
      - esp. yellow/green
    - Hemoptyisis
  - Dyspnea (resting, exertional)
  - Chest pain (esp. pleuritic)
- CNS Symptoms
  - Headache
  - Stiff neck
  - Impaired mentation/consciousness
  - Seizure
- Heart Problems
  - Rheumatic/valvular heart disease (murmur) Hx

Infectious Disease Review (cont)

- Changes in Uirination
  - Dysuria
  - Frequency/nocturia
  - Urgency
  - Void volume changes
  - Back/flank pain
  - Hx recurrent UTI’s and/or UT abnormalities/surgeries
- Reproductive tract problems
  - Discharge
  - Lesions
  - Hx VD/RT infections
    - Number and sex of present & past sex partners
    - Partners with HIV/AIDS or HIV risk factors
  - Dyspareunia (women)
  - Abdominal pain/tenderness
  - LMP
    - Tampon use +/-
    - Contraception (esp. IUD)

General

- Age
- Height/weight
- Occupation
- General health
  - Febrile
  - Night sweats
  - Appetite
- General mood
  - Chronic diseases
  - Disabilities/impairments
  - Medications (OTC and prescription)
  - Medication allergies
  - Weight changes (esp. recent)
  - Prior health care

Skin/Hair/Nails

- Urticaria
- Rash/es
- Lesions (eruptions, abscesses, ulcers)
- Dry Skin
- Pruritus
- Skin color changes
  - Pallor
  - Cyanosis
  - Hyperpigmentation
- Hx of biopsy
- Hx dermatological disease
  - Eczema
  - Psoriasis
  - Acne
- Nail color changes
- Brittle nails
- Nail hemorrhages
- Clubbing
- Change in hair distribution
  - Alopecia
  - Hirsutism
- Brittle/dry hair
- Hair texture (esp. changes)
HEENT/Neck:
- Head/Neck problems
  - Lumps/bumps/lymphadenopathy
  - Headaches
    - location
    - duration
    - how relieved
  - Stiff neck
  - Neck pain
  - Sinus problems
  - Jaw discomfort (TMJ)
  - Thyroid problems
  - Syncope
  - Vertigo
  - Injury
- Eye problems
  - Diplopia
  - Blurring
  - Blindness/vision loss
  - Color blindness
  - Cataracts +/-
  - Glaucoma +/-
  - Last glaucoma test
  - Impaired visual fields/peripheral vision
  - Flashing light/stars
  - Floaters
  - Eye Fatigue
  - Pain
  - Photophobia
  - Conjunctivitis
  - Inflammation
  - Dysfunctional tearing
  - Pruritus
  - Blepharospasm
  - Nystagmus
  - Corrective lenses +/- (inc. contacts)
    - myopia
    - hyperopia
  - Scotomata
  - Last eye exam
  - Ear problems
    - Hearing impairment
  - Noise exposures
    - Balance/equilibrium problems
    - Tinnitus
    - Congestion
    - Pain
    - Drainage
    - Infection
    - Mastoiditis
  - Nose problems
    - Olfaction/Anosmia
    - Obstruction
    - Sinusitis
    - Congestion
    - Rhinorrhea
    - Epistaxis
  - Deviated septum
  - Seasonal problems
- Mouth and Throat Problems
  - Teeth problems
    - Malocclusion
    - Dentures +/-
    - Toothaches
  - Last dental exam
  - Mouth/tongue lesions
  - Gingivitis/bleeding gums

Respiratory:
- Dyspnea
  - Resting
  - Exertional
  - Orthopnea
  - PND
  - Cough
  - Productive +/-
    - Sputum color
    - Hemeptysis
    - Yellow/green sputum
    - Sputum quality
    - Sputum (foul odor?)
  - Chest pain (esp. pleuritic cyanosis/pallor)
  - Cyanosis/pallor
  - URI Sx (other)
    - Sore throat
    - Rhinorrhea/nasal congestion
    - Ear congestion
  - Hx pulmonary disease
    - COPD
    - Asthma
    - Recurrent pulmonary infections/pneumonia
    - Cystic fibrosis
  - Hx TB/TB exposure
  - Occupational pulmonary exposures
  - Smoking Hx

Cardiovascular:
- Chest pain (esp. exertional, see pain section below)
- Dyspnea
  - Resting
  - Exertional
  - Orthopnea
  - PND
  - Nocturia/urinary frequency
  - Edema (esp. leg/foot)
  - Palpitations/irregular heartbeat
  - Tachycardia/bradycardia
  - Fainting/dizziness/syncope
  - Postural hypotension
  - Claudication
  - Varicose veins
  - Raynaud Sx
  - Hx CV diseases
    - MI/angina
    - HTN
    - CHF
    - Rheumatic/valvular disease (murmurs)
  - Arrhythmias
  - Hx pulmonary emboli/DVT’s
  - Hypercholesterolemia
  - Postmenopausal +/-
  - Hx diabetes
  - Hx smoking
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)
  - Cholecystitis
  - 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/lacto/vegetarian, low sodium, low cholesterol; incl. rational, e.g. Kosher, Hx diabetes)
- Number of meals consumed daily (inc. times meals taken)
- Preparation of consumed meals (e.g. self at home, McDonalds, meals on wheels)
- Typical meals (inc. concrete examples)
- Between meal eating
- Beverages (inc. soft drinks, coffee, alcohol)
- Dietary supplements (inc. vitamins, health food preparations)
- Dieting?

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?
- Pruritus
- Menstrual Hx
  - 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
- Hernia
- 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
Urological:
- Urination problems
- Dysuria
- Hematuria/urine color change
- Pyuria
- Void-volume changes
- Frequency changes
  - Dribbling
  - Hesitancy
  - Incontinence
  - Enuresis
- Hx Ut disease/anomalies
- UT infection (esp. recurrent)
- Renal failure
- Stones
- Prostate problems

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

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
- Weakness
- Atrophy
- Fasciculations
- Cramping
- Raynaud's phenomenon
- Malar/other rash

Hx muscle disease
- Muscular dystrophy
  - Collagen vascular/rheumatologic
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)