

RESPIRATORY HISTORY

HPI:

COUGH:

Duration: recent/chronic?

- Fever?

Productive?

- Changes in character? When?

Quality:

- barking, (epiglottitis)
- loud/brassy, (tracheal mass)
- bovine? (laryngeal nerve palsy)

Worse at night?

Asthma, heart failure

Worse in morning?

Chronic bronchitis, impaired clearance

Worse after eating?

Tracheo-oesophageal fistula

Worse at work?

Occupational pneumoconiosis or allergy

SPUTUM:

How much?

When is there most?

Quality:

- Purulent (yellowish = pus and infection)
- Green = pseudomonas, bronchiectasis
- Foul smelling = anaerobe colony
- Pink/frothy = pulmonary oedema with extravasated RBCs

HAEMOPTYSIS??

DYSPNOEA?

When : Time of day?

Aggravating factors, eg. exercise?

Relieving factors eg. rest?

SEVERITY: how far can you walk?

How many stairs can you climb?

Getting worse? = fibrosis

Associated with a WHEEZE? = asthma

Rapid Onset? = acute infection, bacterial

Very RAPID with CHEST PAIN = pneumothorax

WHEEZE?

CHEST PAIN?

- Pleural = sharp,
- made worse by cough + deep inspiration,
- Usually localised

FEVER?

NIGHTSWEATS?

VOICE HOARSENESS?

SNORING?

LETHARGY

DECREASED CONCENTRATION?

MEDS:

- Not just names: what are they for?
- How long have you been taking those?
- How do you use that puffer?
- IS IT HELPING??

PAST HISTORY

- Previous lung trouble?
- Heart trouble?
- Deep Vein Thrombosis?
- Operations?
- Hospital stay?
- Allergic eczema (= atopy)

OCCUPATIONAL:

- **NOT just a job description: need detailed walk-through**
- What do you do, or ever did?
- Please describe the daily tasks
- What hours did you work
- When did the problem first begin
- Has anyone else at work had any of these problems?

Are the symptoms better during the

- **Weekend?**
- **Holiday?**
- **Weekdays?**

Have there been any SPILLS or ACCIDENTS AT WORK?

- **Do you regularly use protective clothing/equipment, eg. breathing masks or gloves?**

- **SMOKING + DRINKING HISTORY**

Then: WHAT DO YOU DO FOR A HOBBY?

ARE YOU RELATED TO ANYONE WITH ASBESTOSIS?

FAMILY HISTORY

- Asthma
- Cystic fibrosis
- Heart disease
- Cancer
- Alpha-antitrypsin deficiency
- tuberculosis

SOCIAL HISTORY

- Whose at home? somebody caring for you?
- Smoking? You or your family?
- ...Weed? Crack?
- Alcohol?
- Snorting anything?
- Allergies?
- **TRAVELLED ANYWHERE RECENTLY??**

HISTORY OF OBESITY:

- Perceive it as a problem?
- History of loss/gain: when were you last happy with your weight?
- EATING PATTERNS: snacks, number of meals per day, what and how much of it
- ACTIVITY LEVELS
- FAMILY ALSO OBESE?
- Attempts to control weight? Their success?
- Medications (corticosteroids, antidepressants)

POSITION sitting on the edge of the bed
→ EXPOSE THE CHEST ←

LISTEN:

- quality of voice?
- audible breath sounds? **STRIDOR (inspiratory rasp)?**

LOOK:

- Pallor
- Cyanosis
- Jaundice
- Carbon Monoxide Blush
- Facial plethora of SVC obstruction

Paraphernalia?

- Sputum pot
- Puffer
- Peak flow meter
- Oxygen mask or prongs
- Heart monitor
- Cigarettes + lighter
- Obvious scars, draining tubes

Observable Abnormalities:

- Accessory muscles being used?
- Kyphosis, Lordosis, Scoliosis
- Barrel or Pidgeon-chested? *Carinatum/excavatum*
- Obvious scars, draining tubes

HANDS:

NAILS:

- CLUBBING !!
- Nicotine stains
- White nails of LEUCONYCHIA
- Transverse white bands → *hypoalbuminaemia*

HANDS:

- Palmar creases
- Peripheral cyanosis (is it cold?)
- Hot or cold hands?
- Muscle wasting (brachial plexus involvement)
- Hypertrophic Pulmonary Osteoarthropathy (HPO)- tender?
- Metabolic Flap or **Tremor (from Ventolin)**

!! PULSE !!

!! RESPIRATORY RATE !!

ARMS:

- scratch marks = *Atopy*
- !! BLOOD PRESSURE !!**

FACE:

- scleroderma
- pale conjunctiva
- Burst vessels @ eye (*coughing fits, rheumatoid arthritis*)

HORNERS: → *Pancoast apical lung tumour*

- drooping eyelid
- constricted pin pupil
- asymmetry of sweat on forehead

NOSE

- deviated septum
- polyps
- swollen allergic conchi?
- Much Snot??
- Tender sinuses?

MOUTH

- Central Cyanosis
- Nicotine stains on teeth?
- Teeth broken or rotten? (pneumonia or lung abscess)
- Tonsils inflamed?
- Mucous film on oral cavity?
- Red inflamed pharynx
- Tongue pale? **Blue? = v. low Hb**
- Leucoplakia?

NECK

- Fat neck? Snore much?...
- Hypertrophy of SCM, accessory muscles (= chronic PD)
- Tracheostomy? Artificial Larynx?
- Scars, eg. nodes removed for cancer staging?
- GOITER?
- Lymph nodes
- **POSITION OF TRACHEA (?midline?)**
- **Tracheal Tug** (moves inf with respiration, = airflow obstruction)
- **JVP**

CHEST:

- Deformity?
- Hyper-expanded?
- Intercostal recession
- Harrissons' Sulcus @ insertion of diaphragm = childhood lung disease
- **SHAPE: Ant-Post expansion?** = emphysema / COPD
- Radiotherapy borders?
- Subcutaneous crackling emphysema

MOVEMENT OF THE CHEST WALL:

- Symmetrical?
- Expansion tested by "Thumb Sign" or a tape measure (N = 4cm)

FIND APEX BEAT

VOCAL FREMITUS: say "99" , feel through intercostal space =
= best transmission through pneumonia consolidation

PERCUSSION: Symmetry, symmetry, symmetry

- Start @ apex above clavicle!
- Percuss clavicle
- Down until liver (6th rib)
- Percuss down from axilla
- Percuss the back

Resonant = normal
Hyper-resonant = pneumothorax or emphysema
Dull = viscera
Stoney dull = fluid

Best to percuss the back when arms crossed @ the front

AUSCULTATION

Remember the Axilla and the Apex of Lung!

Wherever you percussed

- **Breathe deep through the mouth**
- Breath sounds: Vesicular? Bronchial? Diminished?

Resonance:

- "99" said in normal voice
- **Muffled** = normal
- **Clear** = consolidation = lobar pneumonia
- **Bleating Aegophony** = mild consolidation

ADVENTITIOUS SOUNDS: WHEN? WHERE?

CRACKLES

Early Inspiratory

= disease of SMALL AIRWAYS
= Chronic Airflow limitation

Late Inspiratory or Pan-inspiratory

FINE = fibrosis (esp if @ lung bases)

MEDIUM = LV failure, **pulmonary oedema**

COARSE = gurgling = bronchiectasis

Expiratory = fibrosis

Pulmonary oedema DOES NOT clear with coughing

WHEEZES

High pitched = sibilant

= narrowed airways (smaller = higher pitch) = **ASTHMA**

Low pitched = sonorous

- Secretions in the airways eg. **chronic bronchitis**

IF THE WHEEZE CLEARS WITH COUGHING, ITS ONLY MUCOUS

Monotonous = fixed obstruction

Inspiratory = **ITS SEVERE, whatever it is**

PLEURAL FRICTION RUB = adhesions, ? asbestosis or cancer

