

# PEDIATRIC HISTORY & PHYSICAL EXAM

## History

### I. Patient Profile

- Name \_\_\_\_\_
- Sex \_\_\_\_\_ Age \_\_\_\_\_
- Place of residency \_\_\_\_\_
- Hx taken from \_\_\_\_\_
- Came through \_\_\_\_\_ at \_\_\_\_\_

### II. Chief Complaint

- Complaining of \_\_\_\_\_
- Duration \_\_\_\_\_

### III. Hx of Presenting Illness

- Site \_\_\_\_\_
- Onset \_\_\_\_\_
- Timing \_\_\_\_\_
- Duration \_\_\_\_\_
- Exacerbating or relieving factors \_\_\_\_\_  
\_\_\_\_\_
- Character \_\_\_\_\_
- Radiation \_\_\_\_\_
- Severity \_\_\_\_\_
- Associated symptoms:
  - Fever (documented / not documented, Cont. / intermittent)
  - Chills or rigors
  - Night sweats
  - Convulsions
- Other associated symptoms: \_\_\_\_\_

**IV. Past Medical & Surgical Hx**

- Similar events \_\_\_\_\_
- Medical illnesses \_\_\_\_\_
- Surgical operations \_\_\_\_\_
- Trauma / Fractures \_\_\_\_\_
- Previous hospital admissions \_\_\_\_\_
- Medications \_\_\_\_\_
- Allergies \_\_\_\_\_

**V. Antenatal Hx**

- Maternal diseases: DM / HTN / TORCH infections / SLE  
Others: \_\_\_\_\_
- Diet \_\_\_\_\_
- Vitamin deficiencies \_\_\_\_\_
- Smoking \_\_\_\_\_ Alcohol \_\_\_\_\_
- Radiation exposure \_\_\_\_\_

**VI. Pregnancy & Birth Hx**

- Maternal health during pregnancy: (bleeding, trauma, HTN, fevers, infectious illnesses, medications, smoking)
- Gestational age at delivery \_\_\_\_\_
- Types of delivery: Vaginal / Cesarean section
- Use of forceps / anesthesia / breech delivery
- Neonatal period: breathing problems / use of oxygen / need for NICU / hyperbilirubinemia
- Length of stay: \_\_\_\_\_
- Birth weight: \_\_\_\_\_

**VII. Developmental Hx**

- Milestones
- School grades and interaction with peers
- Behavior (temper tantrums, thumb sucking, pica, nightmares, etc.)

### **VIII. Feeding Hx**

- Breast fed / bottle fed
- Frequency and amount: \_\_\_\_\_
- When were solids introduced: \_\_\_\_\_

### **IX. Family Hx**

- Cardiac diseases / HTN / Stroke / DM / Cancer / Asthma and allergies / Epilepsy
- Mental retardation / consanguinity / chromosomal problems / growth problems

### **X. Social Hx**

- Composition of family: \_\_\_\_\_
- Occupation of parents: \_\_\_\_\_
- Vaccinations: \_\_\_\_\_

### **XI. Review of Systems**

- **Weight** recent changes: \_\_\_\_\_
- **Skin and Lymph:** rashes, adenopathy, lumps, bruising and bleeding, pigmentation changes
- **HEENT:** headaches, concussions, unusual head shape, strabismus, conjunctivitis, visual problems, hearing, ear infections, draining ears, cold and sore throats, tonsillitis, mouth breathing, snoring, apnea, oral thrush, epistaxis, caries
- **Cardiac:** cyanosis and dyspnea, heart murmurs, exercise tolerance, squatting, chest pain, palpitations
- **Respiratory:** pneumonia, bronchiolitis, wheezing, chronic cough, sputum, hemoptysis, TB
- **GI:** stool color and character, diarrhea, constipation, vomiting, hematemesis, jaundice, abdominal pain, colic, appetite
- **GU:** frequency, dysuria, hematuria, discharge, abdominal pains, quality of urinary stream, polyuria, previous infections, facial edema

- **MSS:** joint pains or swelling, fevers, scoliosis, myalgia or weakness, injuries, gait changes
- **Pubertal:** secondary sexual characteristics, menses and menstrual problems, pregnancies
- **Allergy:** urticaria, hay fever, allergic rhinitis, asthma, eczema, drug reactions

## Physical exam

### **A. Approach**

- Ensure adequate lighting, privacy, and hand hygiene
- Introduce yourself, ask for permission
- Include the child to build rapport

### **B. Vital Signs**

- Temperature, BP, HR, RR
- O<sub>2</sub>Sat, Pain score

### **C. Growth parameters**

- Weight
- Height/length
- Occipital Frontal Circumference

### **D. General Inspection**

- Consciousness, alertness, orientation
- Normal, toxic, or distressed
- Hydration
- Color: jaundice, pallor, malar flush
- Respiratory distress: dyspnea, tachypnea, grunting, cyanosis, and use of acc. Muscles
- Dysmorphic features

### **E. Skin and Lymphatics**

- Birthmarks: nevi, hemangiomas, Mongolian spots, etc.
- Rashes, petechia, sternum skin turgor
- LN enlargement
- Scars

## **F. Head**

- Cephalohematoma / Caput succedaneum
- Feel the head contour (smooth / molding)
- Fontanelles (present / absent, size, depressed / bulging)

### *Eyes*

- Strabismus
- Slant of palpebral fissures
- Hypertelorism or telecanthus
- Pupils
- Red reflex
- Conjunctive, sclera, cornea
- Plugging of nasolacrimal ducts
- Visual fields, EOM

### *Ears*

- Position of ears
- Tympanic membranes

### *Nose*

- Depressed nasal ridge
- Mucosa (color, polyps)
- Sinus tenderness
- Discharge

### *Mouth*

- Lips (color, fissures)
- Buccal mucosa (color, vesicles)
- Tongue, teeth, and gums
- Cleft lip/palate
- Tonsils
- Gag reflex

## **G. Neck**

- Thyroid
- Trachea position
- Masses
- Nuchal rigidity
- Skin folds and short (Down's)

## **H. Lungs/Thorax**

### **▪ Inspection**

- Chest deformities, scars / breast enlargement
- Pattern of breathing
- Use of accessory muscles

### **▪ Auscultation**

- Equality of breath sounds
- Rales, wheezes, rhonchi, stridor, crackles.

## **I. Cardiovascular**

### **▪ Auscultation**

- Rhythm
- Murmurs and heart sounds (S1, S2) with the bell and diaphragm, sitting and supine
- Neck and axilla for murmur radiation

### **▪ Palpation**

- Valvular palpation with the palm (thrills or taps)
- Ventricles palpation with the hand (heaves)
- Apex beat palpation with the tips of the fingers (location)
- Capillary refill

### **▪ Pulses**

- Compare right with left radial pulses
- Compare radial with dorsalis pedis pulse

## **J. Abdomen**

### **▪ Inspection**

- Shape (bulging, flat, scaphoid)
- Distended veins
- Umbilicus (redness, discharge, tenderness, herniation)
- Muscular integrity (diastasis recti)

### **▪ Palpation**

- Tenderness (rebound, guarding)
- Liver (palpable till 2 years of age, 2 fingers below the costal margin)
- Spleen (not palpable)

**K. MSS**

- Back (sacral dimple, kyphosis/lordosis/scoliosis, tuft of hair, fat pad)
- Feel vertebral spines
- Joints (motion, stability, tenderness, swelling)
- Extremities (deformity, symmetry, edema, clubbing)
- Gait
- Hips (Ortolani's and Barlow's signs for developmental dislocation of the hip)

**L. Neurological (check slides)**

- Cranial nerves
- Sensory and motor
- Coordination
- Reflexes (deep tendon reflexes, superficial (abdominal and cremasteric), neonatal primitive (Moro, rooting, strangle, etc.))

**M. GU**

- Genitalia
- Hernia and hydroceles
- Cryptorchidism
- Canalization of the anal canal