

Body Part	Observation	Comments
Posture	Straight posture	Patient stood up straight
Stature	Short stature	N/A
Body Type	Mesomorph	Muscular build
Hair	Not dry or brittle	Does not fall off when touched
Head / Neck	No indentations in head. Head does not look enlarged. No enlarged thyroids (neck).	N/A
Eyes	Fat pads present. Presence of small bags under the eyes	No spots or discoloration observed
Nose	Not blocked. No dry blood.	Patient has had no nosebleeds that he can remember. Nosebleeds are a sign of Vitamin K deficiency.
Mouth	No sores	No bad breath
Lips	Dry, cracked lips	Patient may be a little dehydrated
Tongue	Pink. No sores or bumps	No sign of iron, folate, or B12 deficiencies. If tongue was sore or beefy red in color, then there would be deficiencies of these vitamins.
Teeth / Gums	No missing teeth. No cavities. Gums are pink	Yellow hue – may be caused by coffee consumption.
Clavicles	Not visible	N/A
Shoulders	Round	Patient does not report any muscle loss.
Scapula	Not sticking out	N/A
Deltoids	Round. No signs of muscle loss	N/A
Arms	Appears well-nourished	No subcutaneous fat loss
Hands	No muscle loss when asked to make the "OK" sign	N/A
Skin	Bounces back when pinched (skin turgor)	Some dryness in the face (right cheek)

Nails	Color bounces back quickly when pressed. No signs of brittleness according to the pt.	Nails appear strong when touched
Pulse	Normal pulse	66 beats per minute
Respiration	Normal breath sounds	No rales or other abnormal sounds
Ribs	No ribs visible or protruding. Good fat stores in the mid-axillary line	N/A
Abdomen	Central adiposity	Patient admits that he has gained some weight and it has all gone to his stomach.
Quadriceps	Does not curve inward. No sign of muscle atrophy	Patient doesn't think he has lost weight.
Calves	No curves present. Patients can bend the knee and move toes. Appears to be well-nourished	N/A
Ankles	No swelling	Bounces back when pushed
Feet	No swelling	Bounces back when pushed
Toes	Patient can wiggle toes.	N/A

Conclusion:

Based on the results of the exam, the patient has no vitamin or mineral deficiencies. The patient seems to be in good health. The only advice I gave to the patient is to keep himself well hydrated since he did have chapped and dry lips.

Applies to:

CRDN 3.2: Conduct nutrition focused physical exams.