



## ADULT COMPLETE PHYSICAL EXAMINATION 30-40 YEARS

Date	Patient Name	DOB
Allergies		Medications
Illness/Accidents/Problems/Concerns since last visit:		
<p style="text-align: center;"><b>History</b> (check if discussed)</p> <p><input type="checkbox"/> Family _____</p> <p><input type="checkbox"/> Medical _____</p> <p><b>Risk Evaluation</b></p> <p><input type="checkbox"/> Nutrition</p> <p><input type="checkbox"/> Physical activity</p> <p><input type="checkbox"/> STD/HIV</p> <p><input type="checkbox"/> Sexual behavior</p> <p><input type="checkbox"/> Depression</p> <p><input type="checkbox"/> Anxiety</p> <p><input type="checkbox"/> Stress</p> <p><input type="checkbox"/> Problems/concerns</p> <p><b>Substance Abuse</b></p> <p><input type="checkbox"/> Tobacco _____</p> <p><input type="checkbox"/> Alcohol _____</p> <p><input type="checkbox"/> Drugs _____</p> <p><b>Immunizations</b></p> <p><input type="checkbox"/> UTD</p> <p><input type="checkbox"/> Needed</p>	<p style="text-align: center;"><b>Physical Exam</b> (check = WNL, X = ABN describe abnormal findings)</p> <p>Temp _____ Pulse _____</p> <p>Resp _____ BP _____</p> <p>Ht. _____ ft. _____ in.</p> <p>Wt. _____ lbs. _____ oz.</p> <p><input type="checkbox"/> Appearance _____</p> <p><input type="checkbox"/> Skin/nodes _____</p> <p><input type="checkbox"/> Head _____</p> <p><input type="checkbox"/> Eyes _____</p> <p><input type="checkbox"/> Ears _____</p> <p><input type="checkbox"/> Nose _____</p> <p><input type="checkbox"/> Mouth _____</p> <p><input type="checkbox"/> Teeth _____</p> <p><input type="checkbox"/> Gums/Palate _____</p> <p><input type="checkbox"/> Neck _____</p> <p><input type="checkbox"/> Chest _____</p> <p><input type="checkbox"/> Breast _____</p> <p><input type="checkbox"/> Lungs _____</p> <p><input type="checkbox"/> Heart _____</p> <p><input type="checkbox"/> Abdomen _____</p> <p><input type="checkbox"/> Testicular Exam _____</p> <p><input type="checkbox"/> Pelvic _____</p> <p><input type="checkbox"/> Extremities/hips _____</p> <p><input type="checkbox"/> Spine _____</p> <p><input type="checkbox"/> Neurological _____</p> <p>Comments:</p> <p>Signature _____</p>	<p style="text-align: center;"><b>Health Education</b> (check if discussed)</p> <p><b>Safety/Violence</b></p> <p><input type="checkbox"/> Seatbelts 100%</p> <p><input type="checkbox"/> Sports equipment</p> <p><input type="checkbox"/> Alcohol/drugs/weapons</p> <p><input type="checkbox"/> Emotional, physical and sexual abuse</p> <p><b>Counseling</b></p> <p><input type="checkbox"/> Folic acid supplementation</p> <p><input type="checkbox"/> Testicular self-exam</p> <p><input type="checkbox"/> Breast self-exam</p> <p><b>Handouts</b></p> <p><b>Plan</b></p> <p><input type="checkbox"/> Pap every 1-3 years</p> <p><input type="checkbox"/> Lipid profile every 5 years</p> <p>Diagnosis _____</p> <p>Return to office _____</p>