



CARDIO- PULMONARY PHYSIOTHERAPY ASSESSMENT

Date:

Name:

Age:

sex:

Occupation:

Address:

Chief complaint:

SUBJECTIVE EXAMINATION

HISTORY OF PRESENT ILLNESS:

Description of symptom;

Cough-

Description of Onset -date, time and type:

Duration- how long:

Frequency-how often

Aggravating factor:

Relieving factor;

Course – from onset till time

Associated factors;

Severity:

Quantity- how large an area

Quality- character

Has cough since ----- years----- months

Has cough from three consecutive months or more in a year, for two consecutive years	Grade I
Has bouts of cough for four to six times a day or more days I a week	Grade II
Morning cough on most of the days of the week throughout the year	Grade III
Daily persistent cough	Grade IV
Has occasional cough, usually associated with common cold	Normal

Sputum-

Description of onset – date, time and type

Duration- how long:

Frequency-how often

Aggravating factor:

Relieving factor

Course – from onset till time

Associated factors

Severity:

Quantity:

Quality – character:

Consistency:

Bringing up sputum from the chest since----- years-----

--- months

Sputum from the chest, 3 consecutive months or more	Grade I
Sputum from the chest; twice a day, for four or more days per week	Grade II
Sputum from the chest in the morning only	Grade III
Sputum from the chest throughout the day	Grade IV
Sputum color is white/ yellow /gray/green	(Strike off inapplicable)
Sputum is blood stained/ has clots of blood/ has fresh blood	(Strike off inapplicable)
Sputum smells neutral/ fowl	(Strike off inapplicable)

Dyspnea-

- Description of Onset:
- Duration-
- Aggravating factors:
- Relieving factors:
- Frequency
- Course- from onset till time:
- Associated symptoms

Feels breathless since ----- years----- months

Become breathless walking up stairs or slight hill	Grade I
On level ground walks slower than person of the same general condition, age and sex	Grade II
Becomes breathless while doing house work, talking or dressing	Grade III
Has to rest after walking on level ground for 100 Yards	Grade IV

Chest pain-

- Description of onset – date, time and type:
- Location – where on body:
- Aggravating factors:
- Relieving factors:
- Course- from onset till time
- Associated factors
- Duration – how long
- Severity
- Quality – character
- Frequency – how often

Hemoptysis-

Wheeze –

Orthopnea –

Paroxysmal nocturnal dyspnea (PND)-

Palpitation-

H/O ---- fever, chills, loss of weight, dependent edema

Past medical history;

Personal history;

Cigarette smoking; age started ----- packs per day-----age
Stopped-----

Alcohol:

Any other:

Family history;

Current medications history:

Occupational and environmental history:

Socio- economic history:

Objective Examination

Level of consciousness (GCS):

Vital signs:

Temperature;

Heart Rate;

Pulse – rate, rhythm, strength.

Grading of pulse strength

0 – absent

1 – Diminished

2 - normal

3 – increased

4 – bounding

Respiration Rate;

Blood pressure:

ON OBSERVATION:

Body built:

Posture:

Head and Face

- Facial expression
- Bobbing of head (with pulse or respiration)
- Nasal flaring
- Cyanosis/pallor
- Oedema and puffiness

Neck

- Accessory muscle prominence:
- Jugular venous pressure:

Chest

- Retraction and bulging of chest; (supraclavicular, infraclavicular and inter costal)
- Breathing pattern:

- I: E ratio:
- Thoracic configuration: normal shape (AP; T = 5; 7)
- Epigastric excursion
- Hoovers sign and paradox of chest wall
- Symmetry of expansion
- Wound, incision and scar

Extremities

- Pedal Edema:
- Cyanosis:
- Clubbing of fingers and toes
- Nicotine staining:
- Tremors:

ONPALPATION:

Neck

- Lymph nodes
- Trachea position

Chest

- Tenderness
- Subcutaneous emphysema
- Point of maximal impulse (apex beat)
- Tactile fremitus

Chest expansion

- **Symmetry;** (upper, middle and lower chest)
- **Inch tape;** axilla level
 - Nipple level
 - 2 inch above umbilicus
- **Book method;** (AP; T diameter)

Extremities

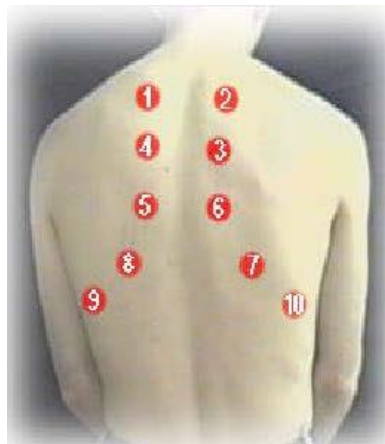
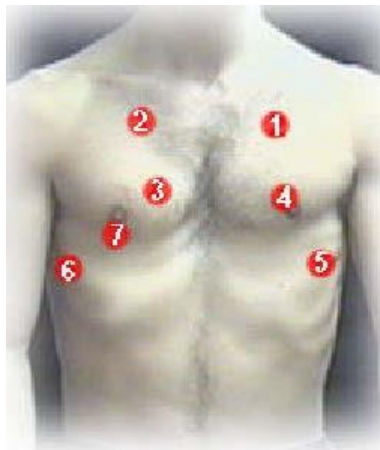
- Edema (pitting and non-pitting):.....Grade
- Capillary perfusion

Percussion of lung fields

Percussion for diaphragmatic excursion

ON AUSCULTATION:

Breath sounds



Heart sounds

Vocal Resonance:

Exercise tolerance test: Done by the 6MWT

<u>Baseline</u>	<u>End of test</u>
Time -----	-----
Heart rate -----	-----
Dyspnea -----	-----
Fatigue -----	-----
Spo2 -----	-----

Stopped or paused before 6 minutes? No yes, reason; -----

Other symptoms at end of exercise; angina, dizziness hip, leg or calf pain

Number of laps; ----- (x 60 meters) +final partial lap; -----
meters = -----

Total distances walked in 6 minutes;----- meters

INVESTIGATIONS

PROBLEM LIST

CHEST PHYSIOTHERAPY TREATMENT PLAN

- **SHORT TERM GOALS**
- **LONG TERM GOALS**