

DEPARTMENT OF PHYSIOTHERAPY

OBSTETRICS AND GYNAECOLOGY ASSESSMENT PROFORMA

SUBJECTIVE ASSESSMENT

Name:

Height:

Age:

Weight:

IP No/OP No.:

Address:

Occupation:

Education:

Marital status:

Chief complaints: Amenorrhea/Vaginal bleeding / discharge/Pain abdomen / low backache/others

History of present illness: Onset, duration, progression of current problem.

[Associated symptoms: Nausea/vomiting/epigastric pain/Swelling /Breathlessness/palpitations/Fever/ burning micturition/ increased frequency/Constipation/Any history of trauma/falls/bleeding per vaginum]

Menstrual history:

Age at menarche:

Cycle: regular / irregular

Cycle length (days):

Duration of flow (days):

Amount of flow: scanty / moderate / heavy

Dysmenorrhea: Yes / No

LMP (Last menstrual period):

Expected date of delivery (if pregnant):

Obstetric history:

Gravida (G) Para (P) Abortions (A) Live (L)

Multiple pregnancies: Yes / No

Duration between pregnancies:

Number and sex of living children, including twins:

History of:

Preterm labor/PPH/ Eclampsia/GDM/IUGR/Congenital anomalies/Abortions

Past medical history: Hypertension/Diabetes mellitus/Asthma / COPD/Cardiac disease/Thyroid disorders etc.

Past surgical and gynecological history: Previous surgeries/LSCS/D&E / D&C/ Hysterectomy Laparoscopy / laparotomy /Pelvic inflammatory disease/Endometriosis/Fibroids/Ovarian cysts / tumors

Drug, allergy, and immunization history:

Current medications (including pregnancy-related):

Past medications with teratogenic potential:

Drug / food allergies:

Blood group and Rh:

Anti-D administration (if Rh negative and indicated):

Family history: Hypertension/diabetes/ heart disease/thyroid disease/
Tuberculosis/asthma/Malignancies (breast, ovarian, endometrial, cervical)

Personal and socio-economic history:

Diet: vegetarian / non-vegetarianAppetite:

Sleep pattern:

Bowel habits:

Bladder habits:

Substance use: smoking / alcohol / tobacco / others:

Occupation and work pattern:

Number of family members, support at home:

Housing: type, ventilation.

Socio-economic class (e.g., Modified Kuppuswamy):

Psychological history

Mood: normal / anxious / depressed / irritable:

Recent stressors at home or work:

Any prior psychiatric diagnosis or treatment:

Pain history (for OBG complaints)

Site:

Onset:

Duration:

Character:

Radiation:

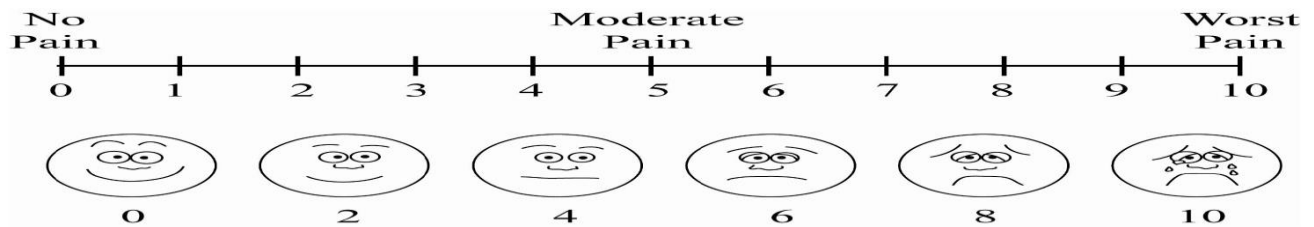
24-hour pattern:

Aggravating factors:

Relieving factors:

Associated symptoms:

Pain severity scale (e.g., VAS)



OBJECTIVE EXAMINATION

ON OBSERVATION

1) Build: Ectomorph / Mesomorph / Endomorph

2) General condition: stable / distressed

3) Vital signs-

Pulse:

Respiratory rate:

BP:

Temperature:

4) Edema (pedal / generalized):

5) Skin and mucosa: Chloasma/ linea nigra/ striae gravidarum/Nail bed and conjunctiva (pallor)

6) Posture and gait: Rounded shoulders/ increased cervical/lumbar lordosis/ Wide base of support in advanced pregnancy

ON PALPATION

- 1) Localized tenderness / guarding / rigidity
- 2) Uterus: size, position, consistency, lie, presentation (as per gestation)
- 3) Fundal height (symphysis–fundal height)
- 4) Abdominal girth
- 5) Fetal movements

ON EXAMINATION

- 1) Breast examination: Size/ symmetry/ areola/ nipples/ any discharge/ lumps
- 2) Abdominal examination:
 - a-Shape and symmetry of abdomen
 - b-Distension (uniform / localized)
 - c-Umbilicus (flat / everted / inverted)
 - d-Skin changes: striae/scars/ veins/Linea nigra/ hernial orifices

- ❖ Diastasis Recti Assessment
- ❖ Sacroiliac Dysfunction Assessment
 - a) Sacroiliac Rocking Test (SI Strain)
 - b) Patrick’s Test (FABER Test)
- ❖ Incontinence Assessment (Pelvic Floor Muscle Strength)
 - a) Perineometry
 - b) Pervaginal Examination-
 - i) Examination is done by inserting two fingers (index & middle) wearing sterile gloves
 - ii) Ask client to squeeze fingers as much as possible & strength of perineal muscles is checked.

GRADES	DESCRIPTION
Grade- 1 (Trace)	Contraction held less than 1 second
Grade-2 (Weak)	Contractions held for 1-3 seconds or finger not elevated
Grade-3 (Moderate)	Contractions held for 4-6 seconds and fingers elevated

Grade-4 (Strong)	Contractions held for 7-9 seconds and fingers elevated
Grade-5 (Very strong)	Rapid Contraction with elevation of fingers for 7-9 seconds

INVESTIGATIONS

1) Blood

- a) Hemoglobin:
- b) Blood group and Rh factor:
- c) Platelet count:
- d) Blood sugar:

2) Urine

- a) Urine routine:
- b) Urine albumin and sugar:

3) USG findings:

DIAGNOSIS

- a) Medical diagnosis:
- b) Provisional physiotherapy diagnosis:
- c) Differential diagnosis :

TREATMENT

1) Goal Planning

- a) Short term:
- b) Long term:

2) Management

Obstetric management plan: Antenatal / Postnatal

Gynecological management plan: