

# Comprehensive physical exam

[Health & Medicine](#), [Nursing](#)



Comprehensive Physical Exam Due: Review of the systems (ROS) is a technique of gathering information in regard to human body parts. The human body parts are examined according to the patient's illness and the importance of starting care. During this procedure the information collected is in respect to what the patient answers to the questions asked by the nurse (Douglas, Rebeiro, Crisp & Taylor, 2012).

In my case, the patient under observation is a female aged seventy years old. The patient is suffering from knee pain that has persisted for the last one month. In her medical history, I noted that exactly one month ago she visited the clinic because of knee pain experienced while walking in her normal exercise routine. According to the records, the knee was swollen and the treatment given was Naprosyn 500mg. The patient confirms that the medication did not help to reduce the pain. Presently the patient is experiencing pain at the same spot with a rating of five at rest and eight while walking on a smooth surface.

According to the patient, the only place that is experiencing pain is the right knee and no tingling or numbness in any other part of the body. The patient's heart is in perfect shape and she has not experienced any difficulty in breathing. The genitourinary assessment proves that there is no sign of infection because the patient is not experiencing any discharge or burning sensation. The patient is not feeling any bowel or stomach problems. There is no sign of skin lesions or rashes. The patient explains that the medication prescribed was not effective.

From the ROS, the patient suffers from rheumatoid arthritis (Cush, Weinblatt & Kavanaugh, 2010). This conclusion is drawn from the patient's information

(Bickley & Szilagyi, 2012). The patient is supposed to have some blood tests done to test for rheumatoid factor and also have an X-ray conducted on her to confirm if it is the correct diagnosis. After confirmation then the correct treatment will be known. Meanwhile, the patient is educated on how to manage the rheumatoid arthritis (St, C. E. W., Pisetsky, & Haynes, 2004).

#### References

Bickley, L., & Szilagyi, P. G. (2012). *Bates guide to physical examination and history-taking*. Lippincott Williams & Wilkins.

Cush, J. J., Weinblatt, M. E., & Kavanaugh, A. (2010). *Rheumatoid arthritis: Early diagnosis and treatment*. West Islip, NY: Professional Communications.

Douglas, C., Rebeiro, G., Crisp, J., & Taylor, C. (2012). *Potter & Perrys Fundamentals of Nursing - Australian Version*. London: Elsevier Health Sciences APAC.

St, C. E. W., Pisetsky, D. S., & Haynes, B. F. (2004). *Rheumatoid arthritis*. Hagerstown: Lippincott Williams & Wilkins.