RESPIRATORY HISTORY

HPI:

COUGH:
- Duration: recent/chronic?
  - Fever?
- Productive?
  - Changes in character? When?
- Quality:
  - barking, (epiglottitis)
  - loud/brassy, (tracheal mass)
  - bovine? (laryngeal nerve palsy)
- Worse at night?
  - Asthma, heart failure
- Worse in morning?
  - Chronic bronchitis, impaired clearance
- Worse after eating?
  - Tracheo-oesophageal fistula
- Worse at work?
  - Occupational pneumoconiosis or allergy

SPUTUM:
- How much?
- When is there most?
- Quality:
  - Purulent (yellowish = pus and infection)
  - Green = pseudomonas, bronchiectasis
  - Foul smelling = anaerobe colony
  - Pink/frothy = pulmonary oedema with extravasated RBCs

HAEMOPTYSIS??

DYSPNOEA?
- When: Time of day?
  - Aggravating factors, eg. exercise?
  - Relieving factors eg. rest?
  - SEVERITY: how far can you walk?
  - How many stairs can you climb?
  - Getting worse? = fibrosis
  - Associated with a WHEEZE? = asthma
  - Rapid Onset? = acute infection, bacterial
  - Very RAPID with CHEST PAIN = pneumothorax

WHEEZE?

CHEST PAIN?
- Pleural = sharp,
- made worse by cough + deep inspiration,
- Usually localised

FEVER?

NIGHTSWEATS?

VOICE HOARSENESS?

SNORING?

LETHARGY

DECREASED CONCENTRATION?
Meds:
- Not just names: what are they for?
- How long have you been taking those?
- How do you use that puffer?
- Is it helping??

Past History
- Previous lung trouble?
- Heart trouble?
- Deep Vein Thrombosis?
- Operations?
- Hospital stay?
- Allergic eczema (= atopy)

Occupational:
- Not just a job description: need detailed walk-through
- What do you do, or ever did?
- Please describe the daily tasks
- What hours did you work
- When did the problem first begin
- Has anyone else at work had any of these problems?
Are the symptoms better during the
  - Weekend?
  - Holiday?
  - Weekdays?

Have there been any spills or accidents at work?
- Do you regularly use protective clothing/equipment, eg. breathing masks or gloves?
- Smoking + Drinking History

Then: What do you do for a hobby?
Are you related to anyone with asbestosis?

Family History
- Asthma
- Cystic fibrosis
- Heart disease
- Cancer
- Alpha-antitrypsin deficiency
- Tuberculosis

Social History
- Whose at home? somebody caring for you?
- Smoking? You or your family?
- ... Weed? Crack?
- Alcohol?
- Snorting anything?
- Allergies?
- Travelled anywhere recently??

History of Obesity:
- Perceive it as a problem?
- History of loss/gain: when were you last happy with your weight?
- Eating patterns: snacks, number of meals per day, what and how much of it
- Activity levels
- Family also obese?
- Attempts to control weight? Their success?
- Medications (corticosteroids, antidepressants)
RESPIRATORY EXAM

POSITION sitting on the edge of the bed

EXPOSE THE CHEST

LISTEN:
- quality of voice?
- audible breath sounds? STRIDOR (inspiratory rasp)?

LOOK:
- Pallor
- Cyanosis
- Jaundice
- Carbon Monoxide Blush
- Facial plethora of SVC obstruction

Paraphernalia?
- Sputum pot
- Puffer
- Peak flow meter
- Oxygen mask or prongs
- Heart monitor
- Cigarettes + lighter
- Obvious scars, draining tubes

Observerable Abnormalities:
- Accessory muscles being used?
- Kyphosis, Lordosis, Scoliosis
- Barrel or Pidgeon-chested? Carinatum/excavatum
- Obvious scars, draining tubes

HANDS:

NAILS:
- CLUBBING !!
- Nicotine stains
- White nails of LEUCONYCHIA
- Transverse white bands \( \rightarrow \) hypoalbuminaemia

HANDS:
- Palmar creases
- Peripheral cyanosis (is it cold?)
- Hot or cold hands?
- Muscle wasting (brachial plexus involvement)
- Hypertrophic Pulmonary Osteoarthropathy (HPO)- tender?
- Metabolic Flap or Tremor (from Ventolin)

!! PULSE !!
!! RESPIRATORY RATE !!

ARMS:
- scratch marks = Atopy

!! BLOOD PRESSURE !!

FACE:
- scleroderma
- pale conjunctiva
- Burst vessels @ eye (coughing fits, rheumatoid arthritis)

HORNERS: \( \rightarrow \) Pancoast apical lung tumour
- drooping eyelid
- constricted pin pupil
- asymmetry of sweat on forehead
NOSE
- deviated septum
- polyps
- swollen allergic conchi?
- Much Snot??
- Tender sinuses?

MOUTH
- Central Cyanosis
- Nicotine stains on teeth?
- Teeth broken or rotten? (pneumonia or lung abscess)
- Tonsils inflamed?
- Mucous film on oral cavity?
- Red inflamed pharynx
- Tongue pale? Blue? = v. low Hb
- Leucoplakia?

NECK
- Fat neck? Snore much?...
- Hypertrophy of SCM, accessory muscles (= chronic PD)
- Tracheostomy? Artificial Larynx?
- Scars, eg. nodes removed for cancer staging?
- GOITER?
- Lymph nodes
- POSITION OF TRACHEA (?midline?)
- Tracheal Tug (moves inf with respiration, = airflow obstruction)
- JVP
CHEST:
- Deformity?
- Hyper-expanded?
- Intercostal recession
- Harrissons’ Sulcus @ insertion of diaphragm = childhood lung disease
- SHAPE: Ant-Post expansion? = emphysema / COPD
- Radiotherapy borders?
- Subcutaneous crackling emphysema

MOVEMENT OF THE CHEST WALL:
- Symmetrical?
- Expansion tested by “Thumb Sign” or a tape measure (N = 4cm)

FIND APEX BEAT

VOCAL FREMITUS: say “99”, feel through intercostal space =
= best transmission through pneumonia consolidation

PERCUSSION: Symmetry, symmetry, symmetry
- Start @ apex above clavicle!
- Percuss clavicle
- Down until liver (6ths rib)
- Percuss down from axilla
- Percuss the back
- Best to percuss the back when arms crossed @ the front

AUSCULTATION
Wherever you percussed
- Breathe deep through the mouth
- Breath sounds: Vescicular? Bronchial? Diminished?

Resonance:
- “99” said in normal voice
- Muffled = normal
- Clear = consolidation = lobar pneumonia
- Bleating Aegophony = mild consolidation

ADVENTITIOUS SOUNDS: WHEN? WHERE?
CRACKLES
Early Inspiratory
= disease of SMALL AIRWAYS
= Chronic Airflow limitation
Late Inspiratory or Pan-inspiratory
FINE = fibrosis (esp if @ lung bases)
MEDIUM = LV failure, pulmonary oedema
COARSE = gurgling = bronchiectasis
Expiratory = fibrosis
Pulmonary oedema DOES NOT clear with coughing

WHEEZES
High pitched = sibilant
= narrowed arteries (smaller = higher pitch) = ASTHMA
Low pitched = sonorous
- Secretions in the airways eg. chronic bronchitis
IF THE WHEEZE CLEARS WITH COUGHING, ITS ONLY MUCOUS
Monotonous = fixed obstruction
Inspiratory = ITS SEVERE, whatever it is

PLEURAL FRICTION RUB = adhesions, ? asbestosis or cancer