

# Compliance Department

## **ELEMENTS OF GENERAL MULTI-SYSTEM EXAMINATION**

**11/2010**

# Elements of General Multi-System Examination

<b>System/ Body Area</b>	<b>Elements of Examination General Multi-System</b>
Constitutional	<ul style="list-style-type: none"><li>• Measurement of <b>any three of the following seven</b> vital signs: 1) sitting or standing blood pressure, 2) supine blood pressure, 3) pulse rate and regularity, 4) respiration, 5) temperature, 6) height, 7) weight (May be measured and recorded by ancillary staff)</li><li>• General appearance of patient (e.g., development, nutrition, body habitus, deformities, attention to grooming)</li></ul>
Eyes	<ul style="list-style-type: none"><li>• Inspection of conjunctivae and lids (e.g., xanthelasma)</li><li>• Examination of pupils and irises (e.g., reaction to light and accommodation, size and symmetry)</li><li>• Ophthalmoscopic examination of optic discs (e.g., size, C/D ratio, appearance) and posterior segments (e.g., vessel changes, exudates, hemorrhages)</li></ul>

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Ears, Nose, Mouth & Throat	<ul style="list-style-type: none"><li>• External inspection of ears and nose (e.g., overall appearance, scars, lesions, masses)</li><li>• Otoscopic examination of external auditory canals and tympanic membranes</li><li>• Assessment of hearing (e.g., whispered voice, finger rub, tuning fork)</li><li>• Inspection of lips, teeth and gums</li><li>• Examination of oropharynx: oral mucosa, salivary glands, hard and soft palates, tongue, tonsils and posterior pharynx.</li></ul>
Neck	<ul style="list-style-type: none"><li>• Examination of neck (e.g., masses overall appearance, symmetry, tracheal position, crepitus)</li><li>• Examination of thyroid (e.g., enlargement, tenderness, mass)</li></ul>

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Respiratory	<ul style="list-style-type: none"> <li>• Assessment of respiratory effort (e.g., intercostal retractions, use of accessory muscles, diaphragmatic movement)</li> <li>• Percussion of chest (e.g., enlargement, tenderness, mass)</li> <li>• Palpitation of chest (e.g., tactile fremitus)</li> <li>• Auscultation of lungs (e.g., breath sounds, adventitious sounds, rubs)</li> </ul>
Cardiovascular	<ul style="list-style-type: none"> <li>• Palpation of heart (e.g., location, size trills)</li> <li>• Auscultation of heart with notation of abnormal sounds and murmurs</li> </ul> <p>Examination of:</p> <ul style="list-style-type: none"> <li>• carotid arteries (e.g., pulse amplitude, bruits)</li> <li>• abdominal aorta (e.g., size, bruits)</li> <li>• femoral arteries (e.g., pulse amplitude, bruits)</li> <li>• pedal pulses (e.g., pulse amplitude)</li> <li>• extremities for edema and/or varicosities</li> </ul>

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Chest (Breast)	<ul style="list-style-type: none"> <li>• Inspection of breast (e.g., symmetry, nipple discharge)</li> <li>• Palpation of breast and axillae (e.g., masses or lumps, tenderness)</li> </ul>
<u>Gastrointestinal (Abdomen)</u>	<ul style="list-style-type: none"> <li>• Examination of abdomen with notation of presence of masses or tenderness</li> <li>• Examination of liver and spleen</li> <li>• Examination for presence or absence of hernia</li> <li>• Obtain stool sample for occult blood test when indicated</li> </ul>
Genitourinary	<p>MALE:</p> <ul style="list-style-type: none"> <li>• Examination of the scrotal contents (e.g., hydrocele, spermatocele, tenderness of cord, testicular mass)</li> <li>• Examination of the penis</li> <li>• Digital rectal examination of prostate (e.g., size, symmetry, nodularity, tenderness)</li> </ul>

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Genitourinary (Continued)	<p>FEMALE:</p> <p>Pelvic examination (with or without specimen collection for smears and cultures), including:</p> <ul style="list-style-type: none"> <li>• Examination of external genitalia (e.g., general appearance, hair distribution, lesions) and vagina (e.g., general appearance, estrogen effect, discharge, lesions, pelvic support, cystocele, rectocele)</li> <li>• Examination of urethra (e.g., masses, tenderness, scarring)</li> <li>• Examination of bladder (e.g., fullness, masses, tenderness)</li> <li>• Cervix (e.g., general appearance, lesions, discharge)</li> <li>• Uterus (e.d., general appearance, lesions, discharge)</li> <li>• Adnexa/parametria (e.g., masses, tenderness, organomegaly, nodularity)</li> </ul>

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Lymphatic	<p>Palpation of lymph nodes in two or more areas:</p> <ul style="list-style-type: none"> <li>• Neck</li> <li>• Axillae</li> <li>• Groin</li> <li>• Other</li> </ul>
Musculoskeletal	<ul style="list-style-type: none"> <li>• Examination of gait and station</li> <li>• Inspection and/or palpation of digits and nails (e.g., clubbing, cyanosis, inflammatory conditions, petechiae, ischemia, infections, nodes)</li> </ul> <p>Examination of joints, bones and muscles of <b>one or more of the following six areas</b>: 1) head and neck; 2) spine, ribs and pelvis; 3) right upper extremity; 4) left upper extremity; 5) right lower extremity; and 6) left lower extremity. The examination of a given area includes:</p>

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Musculoskeletal (Continued)	<ul style="list-style-type: none"><li>• Inspection an/or palpation with notation of presence of any misalignment, asymmetry, crepitation, defects, tenderness, masses, effusions</li><li>• Assessment of range of motion with notation of any pain, crepitation or contracture</li><li>• Assessment of stability with notation of any pain, crepitation or contracture</li><li>• Assessment of muscle strength and tone (e.g., flaccid, cog wheel, spastic) with notation of any atrophy and abnormal movement</li></ul>
Skin	<ul style="list-style-type: none"><li>• Inspection of skin and subcutaneous tissue (e.g., rashes, lesions, ulcers)</li><li>• Palpation of skin and subcutaneous tissue (e.g., induration, subcutaneous nodules, tightening)</li></ul>



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Neurologic	<ul style="list-style-type: none"><li>• Test cranial nerves with notation of any deficits</li><li>• Examination of deep tendon reflexes with notation of pathological reflexes (e.g., Babinski)</li><li>• Examination of sensation (e.g., by touch, pin, vibration, proprioception)</li></ul>
Psychiatric	<ul style="list-style-type: none"><li>• Description of patient's judgment and insight</li></ul> Brief assessment of mental status including: <ul style="list-style-type: none"><li>• Orientation to time, place and person</li><li>• recent and remote memory</li><li>• mood and affect (e.g., depression, anxiety, agitation)</li></ul>

# Elements of General Multi-System Examination

## Content and Documentation Requirements

### Level of Exam

### Perform and Document:

Problem Focused

**One to five** elements identified by a bullet.

Expanded Problem Focused

**At least six** elements identified by a bullet.

Detail

**At least twelve** elements identified by a bullet.

Comprehensive

Perform all elements identified by a bulletin a least nine organ systems or body areas and document at least two elements identified by a bullet from each of **nine** areas/systems.

# Resources

- UCLA Compliance Office
  - Marti Arvin, Chief Compliance Officer (310) 794-6763
- Confidential Hotline 1-800 296-7188
- UCLA Compliance Website <http://www.mednet.ucla.edu/compliance/>.