SUBJECT CARD

Faculty of Medicine and Health Sciences
Field of studies: Medicine
Form of studies: Full-time course
Degree: long-cycle Master's program
Specializations: No specialization
Academic year: 2022/2023

PHYSICAL EXAMINATION	
SUBJECT NAME	**Physical examination**
NUMBER OF ECTS POINTS	1
LANGUAGE OF INSTRUCTION	English
TEACHER(S)	Dariusz Kubicz, MD
PERSON RESPONSIBLE	Dariusz Kubicz, MD
NUMBER OF HOURS	
LECTURES	9
CLASSES	27
GENERAL OBJECTIVES	
OBJECTIVE 1	Providing students with knowledge and enabling development of skills necessary to conduct physical examination understood as a general (non-specialist) medical examination, including basic physical examination techniques - inspection, palpation, percussion and auscultation.
OBJECTIVE 2	Providing students with knowledge and enabling development of skills necessary to use the instruments used for physical examination, including in particular: stethoscope, sphygmomanometer, otoscope, ophthalmoscope, thermometer, pulse oximeter, medical flashlight and neurological hammer.
OBJECTIVE 3	Providing students with knowledge and enabling development of skills necessary for a general interpretation of the results of physical examination.
LEARNING OUTCOMES	
MK1	Knowledge: The student knows the principles of doctor's and patient's preparation routines for a physical examination; knows the main types of medical instruments used for this examination, as well as possible factors affecting their indications accuracy; student knows the principles of blood pressure measurement using the Riva-Rocci method with Korotkoff's modification.

PHYSICAL EXAMINATION	
MK2	Knowledge: The student knows the principles of assessment of patient's general condition; knows the principles of implementation of inspection, palpation, percussion and auscultation; student knows the terminology used for description of the results of physical examination.
MK3	Knowledge: The student knows what are the most common phenomena that can be found by inspection on the skin and mucous membranes; student knows what are the principles of describing the location of phenomena found during physical examination of head and neck, chest, stomach and limbs.
MK4	Knowledge: The student knows the characteristics of the sounds found on auscultation, in particular vascular murmurs, auscultation sounds found on lungs examination and sounds found on auscultation over typical points during heart examination, as well as the sounds associated with peristalsis; student knows how the Korotkoff's tones are created when measuring blood pressure.
MK5	Knowledge: The student knows the methods of assessing the patient's state of consciousness; student knows what functions of the nervous system are examined during the examination of the nervous system; student knows the basic characteristics of the symptoms of the most common neurological motor and sensory syndromes.
MS1	Skills: The student is able to properly prepare himself and the patient for the examination of individual systems (organs) and for the overall examination; student can perform a basic head and neck examination, including using a medical flashlight, spatula, otoscope, ophthalmoscope and tuning-forks; student can describe the results of the examination.
MS2	Skills: The student can perform a chest examination, especially of the lungs, and describe his findings; student knows how to use a stethoscope correctly during lungs auscultation; student is able to distinguish the basic lungs auscultatory sounds based on their simulation and describe his findings.
MS3	Skills: The student can perform a chest examination focused on heart examination, especially using a stethoscope, and describe his findings; student is able to distinguish the basic heart auscultatory sounds based on their simulation.
MS4	Skills: The student can perform an abdomen examination, especially focused on examination of the liver, spleen and kidneys, and also is able to conduct an examination focused on the presence of so-called peritoneal symptoms; the student is able to describe his findings, in particular, he/she can properly name the individual abdomen regions.

PHYSICAL EXAMINATION	
MS5	Skills: The student can perform a correct examination of lumps/tumors and describe their characteristics, especially on the example of breast lumps/tumors (with the use of phantoms) and examination of armpits; student can perform a rectal examination and correctly describe his findings; student can perform a prostate examination and describe his findings (based on the use of a phantom).
MS6	Skills: The student can perform a basic (non-specialist) neurological examination and correctly use individual instruments for neurological examination; student can correctly name and describe the individual parts of neurological examination.
MS7	Skills: The student can perform a muscle examination and describe his findings; student can perform a joints examination, especially including assessment of their mobility, with particular emphasis on the mobility of individual spine sections, as well as of the wrist, elbow, shoulder, hip, knee and ankles joints.
MS8	Skills: The student can combine the previously practiced skills and correctly conduct a "head to toe" examination using a logical and practical examination sequence; student can correctly cooperate with patient during the examination and correctly describe the examination results.
MC1	Social Competences: The student demonstrates responsibility for an entrusted equipment and shows respect for the person being examined.
INTRODUCTORY REQUIREMENTS	
[1] Medical attire - medical apron or two-piece medical kit; stethoscope; [2] Jewelry-free hands and wrists except of the watch equipped with the second counter; proper hand preparation (nail length); [3] Being acquainted with the topics of the practical classes; participation in lectures.	
COURSE PROGRAM	**DETAILED DESCRIPTION OF THE TOPIC BLOCKS**
LECTURE 1	Principles of doctor's and patient's preparation for the physical examination; the main types of medical instruments used for physical examination, in particular stethoscopes, otoscopes, ophthalmoscopes, sphygmomanometers, thermometers, as well as possible factors affecting the accuracy of their indications; principles of blood pressure measurement using the Riva-Rocci method with Korotkoff's modification; principles of the patient's general condition assessment; principles of basic examination techniques - inspection, palpation, percussion and auscultation.

PHYSICAL EXAMINATION	
LECTURE 2	Terminology used to describe the topography of the physical examination results; principles of body constitution assessment; the most common types of involuntarily body positioning; patient's behaviour assessment - from psychomotor agitation to coma; the most common phenomena found on skin and mucous membranes inspection, especially pallor, changes in pigmentation, cyanosis, jaundice, erythema, as well as primary and secondary skin lesions.
LECTURE 3	Description of findings observed during physical examination of the head and neck, chest, stomach and limbs; acoustic characteristics of sounds during auscultation, in particular vascular murmurs, lung sounds (base and additional); acoustic characteristics of sounds found in typical auscultation points of the heart (tones, murmurs, clicks etc.); characteristics of sounds related to peristalsis (normal and pathological); the nature of Korotkoff's tone emission during blood pressure measurement.
LECTURE 4	Overall physical examination and it's clinical context; the most important elements of physical examination in a heavy state patient; general aspects of the physical examination in specific patient groups - children, elderly patients and patients with mental limitations; useful information on the physical examination practical test.
CLASS 1	Examination of the head, eyes, ears, nose, mouth and neck.
CLASS 2	Examination of the chest and lungs.
CLASS 3	Examination of the heart and peripheral vascular system.
CLASS 4	Examination of the abdomen.
CLASS 5	Examination of tumors based on the example of breast examination (phantoms exercises), armpit examination and rectal examination (phantoms exercises).
CLASS 6	Examination of the nervous system: cranial nerves, motor system, sensory system, reflexes, meningeal symptoms.
CLASS 7	Musculoskeletal system, joints.
CLASS 8	"Head to toe" patient's examination and repetitive summary of selected elements of the physical examination.
CLASS 9	Practical test.
DIDACTIC METHODS (APPLIED)	
	Multimedia presentation Video presentation Teacher's presentation Phantom exercises Simulator exercises Practical peer exercises

PHYSICAL EXAMINATION	
STUDENTS WORKLOAD	
CONTACT HOURS WITH THE ACADEMIC TEACHER	36 hours
HOURS WITHOUT THE PARTICIPATION OF THE ACADEMIC TEACHER	Preparation for classes: 10 hours Preparation for the exam: 14 hours
TOTAL NUMBER OF HOURS FOR THE COURSE	60 hours

CONDITIONS FOR COURSE COMPLETION (COURSE REGULATIONS)

1. These regulations set out the rules applicable during the course of the Physical examination.
2. Practical classes will focus on enabling students to acquire knowledge and skills necessary for conduction of an independent physical examination, understood as non-specialist (general) examination.

3. Before the next practical class each student is obliged to get acquainted with its subject and prepare for it using available sources, because students are expected to actively participate in the class (e.g. by commenting, asking questions, explaining controversy, etc.).

4. Attendance at all practical classes is obligatory, however, in justified cases of absence it is possible to compensate the absence with another group after obtaining the consent of the teacher who conducts it; such consent must be obtained before the class by prior contact with the teacher, e.g. by e-mail or directly before the class, whereby the assistant may refuse if the number of attending students will affect the organization of the class.

5. Students participating in practical classes are required to leave their outer clothing and backpacks/bags/luggage in the cloakroom; for classes students report in the medical aprons (two-piece medical attire is also fine), in a footwear intended only for use during classes;
students should bring a stethoscope, medical flashlight (optional), exercise books and optionally class subject knowledge sources;
It should be noted that the elementary component of preparation for the physical examination practical classes is ensuring the proper length of nails, meaning the length of nails should be as short as possible, and at most such that they do not protrude beyond the fingertips.
In addition, it is obligatory to remove any jewelry worn on hands or wrists before classes.
It is unacceptable to report for classes in a dress that is incompatible with the professional attitude of the doctor and his respect for the patient (e.g. short trousers in men, apron with visible dirt, too small and uncomfortable female apron worn by a male student, etc.).
It is unacceptable to use cell phones, tablets and other devices of this type during the classes - they must be turned off, which means turning off their power, and not putting them in so-called mute mode.

PHYSICAL EXAMINATION

6. Stdents participating in the classes use various didactic means, with the course schedule as follows:

a) video presentation,
b) practical presentation of a given topic by a teacher,
c) practical skills training in peer exercises.

7. As a part of improving practical skills, students are expected to practice some elements of physical examination in peer exercises (in teams of two or, in the case of an odd number of attending students, three persons).

8. Sometimes it will be necessary to partially reveal some parts of the body and students should be properly prepared for it. At this point, it should be emphasized that during exercises (e.g. regarding chest examinations) female students will not take off their bras.

9. During the examination it is absolutely necessary to maintain the proper behavior for the doctor-patient relationship (tact and discretion must be applied).

10. During peer exercises in the event of revealing of phenomena that appear to be a form of pathology, DO NOT inform the colleague being examined about the pathology, but ask the teacher for consultation.

11. In justified cases, the student may ask for the release from the obligatory participation in peer exercises; in such a case the student should explain the reason in a confidential conversation with the teacher who is bound by medical confidentiality.

12. Practical exercises are conducted according to the principle "I am grateful that a colleague allows me to exercise on him, but in return I also agree to be exercised on".

13. During the first class of the Physical examination, students declare a person or two persons in the group responsible for receiving the equipment used during the class and for returning the equipment to the teacher after the class completion.

14. Before leaving the classroom, the assistant is required to check the completeness and number of returned equipment, and students are required to leave the classroom in order (the classroom should be restored to its initial condition); leaving spatulas, examining gloves and/or paper towels on examining beds or on the floor is not acceptable.

METHODS OF ASSESMENT

IN TERMS OF KNOWLEDGE	Checking questions during the classes.
IN TERMS OF SKILLS	Demonstration of skills during classes
IN TERMS OF SOCIAL COMPETENCE	Assessment of student behaviour during classes.
FORMATIVE	Current checking of knowledge and assessment of skills during classes.

PHYSICAL EXAMINATION	
SUMMATIVE (I & II terms)	EXAM: practical evaluation - proper performance of 5 practical tasks. RETAKE EXAM: practical evaluation - proper performance of 5 practical tasks.
GRADING SCALE	
PASSED	at least 4 correctly performed tasks.
NOT PASSED	less than 4 correctly performed tasks.
BASIC LITERATURE	
[1] Bates' Guide to Physical Examination and History Taking; [2] Macleod's Clinical Examination.	
SUPPLEMENTARY LITERATURE	
[1] Talley and O'Connor's Clinical Examination - 2-Volume Set.	