



**THE IMPORTANCE OF ELECTIVE TO FULL PHYSICAL EXAMINATION AND/OR
ELECTIVE TO FULL BODY INSPECTION, AN APPLICATION OF SUPERFICIAL
ANATOMY TO CONFINED PATIENTS FOR FINAL DIAGNOSIS AND DIAGNOSTIC
OPINION**

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ABSTRACT

Patients and medicine is studied. There are different kinds of patients; each has his own situations to tell. Medicine teaches us to weigh facts carefully and establish the best remedy. Time is always a factor to give what is just. Medical researches are done to decrease mortality and morbidity rate. In this fast changing world, some may hide helpful information about their health; some may hide health situations; some accidents may lead to a helpful discovery. To proceed to a better life situation, we may consider giving some time examining the total condition of patients. We are given one life to save; we are given all the time we need. As concerned people, we may consider this procedure to extend another person's life. Priority of this procedure could be established.

KEYWORDS: Confined Patients Doctor-Patient Confidentiality Full Physical Examination Inspection (Medicine) Sexism Superficial anatomy.

INTRODUCTION

To save a life, part of it is educating the patient and his family and part of it requires full knowledge of the situation being analyzed.

A full physical examination may be provided under health insurance cover, required of new insurance customers, or stipulated as a condition of employment. Comprehensive physical exams of this type are also known as executive physicals, and typically include laboratory tests, chest x-rays, pulmonary function testing, audiograms, full body CAT scanning, EKGs, heart stress tests, vascular age tests, urinalysis, and mammograms or prostate exams depending on gender. The executive physical format was developed from the 1970s by the Mayo Clinic and is now offered by other health providers, including Johns Hopkins University, Elite Health and Mount Sinai in New York City.^[1]

While elective physical exams have become more elaborate, in routine use physical exams have become less complete. This has led to editorials in medical journals about the importance of an adequate physical examination. In addition to the possibility of identifying

signs of illness, it has been described as a ritual that plays a significant role in the doctor-patient relationship. Physicians at Stanford University medical school have introduced a set of 25 key physical examination skills that were felt to be useful.^[2]

An application of superficial anatomy,^[3] is full body inspection, a less costly procedure than the full physical examination or may be given free.

OBJECTIVES

These are the concerns of this manuscript

1. A person may experience one or more diseases.^[4]
2. Persons may hide actual condition.^[4]
3. The body may be hiding actual health conditions.^[4]
4. Each part of our body is interrelated.^[4]
5. A disease may trigger other different organs and systems.^[4]
6. The Who defines health as a "state of complete physical, mental and social well-being and not merely the absence of disease and infirmity."^[4]

METHODOLOGY

An elective to full body inspection and/or elective to full physical examination may link other details about the patient. It must be done by experienced practitioners: nurses, doctors, before, after or in the duration of the treatment or a medical procedure.

While physical exams typically include laboratory tests, chest x-rays, pulmonary function testing, audiograms, full body CAT scanning, EKGs, heart stress tests, vascular age tests, urinalysis, and mammograms or prostate exams depending on gender,² the full body inspection requires the vital signs, basic reflex tests and the four clinical examinations: inspection, percussion, auscultation and palpation of the different external parts of the body. In relation to these, aside from the senses, various medical devices are needed like stethoscope, sphygmomanometer, thermometer, ophthalmoscope, tendon hammer, medical scales and weights.

Procedures of a Full Body Inspection

1. Inspection

In medical terms, "inspection" means to look at the person or body part. It is the first step in a physical exam. (definition)^[5]

During inspection, the examiner observes
External signs: like Body features and symmetry appearance and Gross like Discoloration and swelling.

Note: Inspection is not limited to visual information. Inspection may also involve other senses

2. Vital Signs

Vital signs are measurements of the body's most basic functions. The four main vital signs routinely monitored by medical professionals and health care providers include the following

- Body temperature
- Pulse rate
- Respiration rate (rate of breathing)
- Blood pressure (Blood pressure is not considered a vital sign, but is often measured along with the vital signs.)

Vital signs are useful in detecting or monitoring medical problems. Vital signs can be measured in a medical setting, at home, at the site of a medical emergency, or elsewhere. (definition)^[6]

Note: Fifth sign and more are wanted to be established.

3. Percussion

The act or technique of tapping the surface of a body part to learn the condition of the parts beneath by the resulting sound. (definition)^[7]

4. Auscultation

Auscultation is the term for listening to the internal sounds of the body, usually using a stethoscope. Auscultation is performed for the purposes of examining the circulatory system and respiratory system (heart sounds and breath sounds), as well as the gastrointestinal system (bowel sounds). It is an integral part of physical examination of a patient and is routinely used to provide strong evidence in including or excluding different pathological conditions that are manifested clinically in the patient. (definition)^[8]

5. Palpation

Palpation is a method of feeling with the fingers or hands during a physical examination. The health care provider touches and feels your body to examine the size, consistency, texture, location, and tenderness of an organ or body part. (definition).^[9]

Note that the four methods of clinical examination are percussion, inspection, palpation and auscultation.

6. Reflex Tests

A list of reflexes in humans could be found in Wikipedia.

Withdrawal Reflex

The withdrawal reflex (nociceptive or flexor withdrawal reflex) is a spinal reflex intended to protect the body from damaging stimuli. It is polysynaptic, and causes the stimulation of sensory, association, and motor neurons. When a person touches a hot object and withdraws his hand from it without thinking about it, the heat stimulates temperature and danger receptors in the skin, triggering a sensory impulse that travels to the central nervous system. The sensory neuron then synapses with interneurons that connect to motor neurons. Some of these send motor impulses to the flexors to allow withdrawal.

Some motor neurons send inhibitory impulses to the extensors so flexion is not inhibited—this is referred to as reciprocal innervation. Although this is a reflex, there are two interesting aspects to it:

1. The body can be trained to override that reflex.
2. An unconscious body (or even drunk or drugged bodies) will not exhibit the reflex (definition)^[10]

Note: The six procedures for a full body inspection have procedures also falling in physical examination.

RESULTS

1. This provides more time between the patient and the hospital to solve health issues the patient is undertaking.
2. This lessens the probability of untreated disease.
3. This solves unethical issues.
4. This shows the importance of superficial anatomy.
5. Prevention is better than cure as a saying goes. Time should be spent wisely.

DISCUSSIONS

1. Sexism is a factor considered by some patients.
2. Privacy is a factor considered by some patients.
3. Confinement of a patient is the prerogative of the doctor or other health practitioners and should be discussed thoroughly.

CONCLUSION

As we seek to develop a better life, we must consider this medical procedure; factors considered about health may include our home, environment, clothes, family and many more. The six parts of full body inspection include reflex tests, vital signs and the four clinical examination procedures namely percussion, inspection, palpation and auscultation. Other procedures fall in the physical examination category which may intersect to the discipline or philosophy of full body inspection.

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