## **Contents**

Chapter 1: The History and Interviewing Process, 1

Chapter 2: Cultural Competency, 7

Chapter 3: Examination Techniques and Equipment, 11

Chapter 4: Vital Signs and Pain Assessment, 16

Chapter 5: Mental Status, 20

Chapter 6: Growth and Measurement, 25

Chapter 7: Nutrition, 29

Chapter 8: Skin, Hair, and Nails, 38 Chapter 9: Lymphatic System, 46

Chapter 10: Head and Neck, 52

Chapter 11: Eyes, 58

Chapter 12: Ears, Nose, and Throat, 65

Chapter 13: Chest and Lungs, 71

Chapter 14: Heart, 79

Chapter 15: Blood Vessels, 86

Chapter 16: Breasts and Axillae, 92

Chapter 17: Abdomen, 98

Chapter 18: Female Genitalia, 107

Chapter 19: Male Genitalia, 114

Chapter 20: Anus, Rectum, and Prostate, 120

Chapter 21: Musculoskeletal System, 126

Chapter 22: Neurologic System, 134

Chapter 23: Sports Participation Evaluation, 145

Chapter 24: Putting it all Together, 150

Chapter 25: Taking the Next Steps: Critical Thinking, 155

Chapter 26: Recording Information, 159

Chapter 27: Emergency or Life-Threatening Situations, 164
Answer Key, 169