

全国高等医药院校试用教材



诊断学体格检查精要

Essentials of Physical Examination
for Diagnostics

姜海行 主编



中国科学技术出版社

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Essentials of Physical Examination for Diagnostics

in Chinese and English

Physical examination is a fundamental skill to all the medical students and clinical practitioner, therefore it is considered as a standard of skill assessment and test on every clinical practitioner. Main content of physical examination include many kind of manipulations and skills. Obviously, practice will make perfects and is basic for the skill obtainment, but excellent textbook and guides also can help a lot to the efficient teaching. In most recently, a need for bilingual teaching in medical science in China has emerged quickly. Based on our experience, we edited this book and provided a training guide for “Diagnostics” course. The features of this manual of Diagnostics include: Offers comprehensive text with nice illustrated chart that will be more helpful to the medical student to understand the content easily; bilingual (Chinese – English) interpretation will assist Chinese student to expand their professional terms and phases in English; the book structure is matched with medical education curriculum in China, so easier to be followed.

Although we made great efforts to avoid mistakes on the book, but for our limited knowledge and time, surely it still need to be improved in the future. So any suggestion and comments on this book will be faithfully appreciated.

I would like to gratefully acknowledge the expert assistance of all my colleagues, because it will be impossible to complete this book without their selfless contributions and energetic participation.

Jiang HaiXing
August 1, 2009

诊断学体格检查精要

(英汉对照)

体格检查(Physical Examination)是每位临床医生和医学生必备的基本功,也是评价和考核每位医生基本临床技能的重要标尺。其基本内容涉及许多操作手法和技巧,固然需要勤学苦练方能熟练掌握。近年来,双语教学蓬勃发展,迫切需要一套适合国内包括《诊断学》课程学习的辅助材料。基于近年来的一点教学体会,我们尝试编写了这本《诊断学》体格检查辅助教材。本套辅助教材的特色是:①图文并茂,配备大量的图解说明,提高学生对体格检查的理解;②中英文对照:由于诊断学是基础临床桥梁课程,其中大量的英语专业词汇,有利于提高专业英语应用能力;③适合中国式教学:为了提高医学生的专业英文水平,本教材采用国内统编教材编写内容和顺序,结合体格检查中的重点和要点,便于按照目前的教学方式完成。

由于学术水平有限,加之时间匆忙,书中错误在所难免,恳请同仁在阅读之后,给予批评指正,以便我们在今后工作中不断改进。

本辅助教材汇集了同事们大量的心血,没有他们无私的奉献和积极的参与,不可能完成如此繁琐的工作,在此表示衷心感谢。

姜海行

2009年8月1日

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Chapter 1. Basic Methods in the Physical Examination and Examination of the General Status

第一章 基本检查法和一般检查

【 Basic Methods for Physical Examination 基本检查法】

Objective and Emphasis 目的要求

1. To master the basic methods of physical examination. 掌握体格检查的基本方法。
2. To understand the significance of these physical examination. 理解体格检查的意义。

Instruction Contents 内容

1. Inspection; the definition of inspection and give some examples. 视诊: 视诊的定义并举例。
2. Palpation; the definition of palpation and the kinds of palpation, to master the maneuver of palpation and their significance. 触诊: 触诊的定义和分类, 掌握触诊的方法和意义。
3. Percussion; the definition of percussion and the kinds of percussion, to master the maneuver and the different sounds produced by percussion. 叩诊: 叩诊的定义和分类, 掌握叩诊的方法和意义。
4. Auscultation; the definition and the significance of auscultation. Know how to use stethoscope. 听诊: 听诊的定义意义。掌握怎样使用听诊器。
5. Olfactory examination; know some special odors that could provide valuable clinic clues. 嗅诊: 掌握一些在临床上提供有意义线索的特殊气味。

1.1 Inspection 视诊

Inspection is the search for the patient's general or local manifestations by observing the patient with your eyes. Inspection can be use in general examination, such as sex, age, development, state of nutrition, consciousness, facial feature, expression, position and posture, and gaits. Local inspection can observe changes of parts of the whole body, such as skin, mucous membrane, eyes, ears, nose, mouth, tongue, head and neck, thoracic cage, abdominal shape, muscle, skeleton, joint contour, and so on. In order to inspect some special parts of the body, we need certain special equipments, such as auriscope, conchoscope, ophthalmofundoscope, and endoscope.

视诊是通过眼睛观察患者全身或局部表现的一种检查方法。视诊可用于全身状态的检查, 如性别、年龄、发育、营养状态、意识状态、面容和表情、体位与姿势, 以及步态等。局部视诊

可观察全身各个部位的变化,如皮肤、黏膜、眼、耳、鼻、口、舌头、头颈部、胸廓、腹部外形、肌肉、骨骼以及关节等。为检查身体某些特殊部位,需借用某些特殊的辅助器械,如耳镜、鼻镜、眼底镜和内窥镜等。

Of the examination methods, inspection is the least mechanical and the hardest to learn, but it yields many important physical signs. Because we tend to see things that have meaning for us, inspection depends entirely on the knowledge and experiences of the observer. The contents and methods of inspection vary in different parts of the whole body, but it is convenient and easy to undertake, and it can offer many important diagnostic data and apparent clues to the trained observer usually, and sometimes we can obtain definite diagnosis just through inspection. But inspection is usually to be ignored. It can diminish and avoid to turn a blind eye to some certain diseases only based on abundance medical knowledge and clinical experience, and an expert can make a penetrating, careful and exquisite observation only through repetition of clinical practice. We can find and ascertain some important clinical signs only on the basis of a close combination of inspection and other methods of examination.

在所有检查方法中,视诊是最呆板也是最难于学习的,但视诊能获取许多重要的体征。因为人们总是留心于有意义的事物,所以视诊完全依赖于观察者的知识和经验。视诊的内容和方法依身体部位的不同而不同,但视诊方便易行,对于一个训练有素的观察者来说,视诊通常能够提供许多重要的诊断资料和显而易见的诊断线索,而且有时候通过视诊可以得到明确的诊断。然而视诊经常被忽略。只有掌握丰富的医学知识和临床经验,才能减少和避免对某些疾病视而不见;只有经过反复的临床实践,才能做到深入细致的观察。只有将视诊和其他检查方法紧密结合起来,我们才能发现和确定某些重要的临床体征。

1.1.1 General Visual Inspection 全身视诊

The initial step in physical examination is inspection of the patient as a whole. It begins at your first encounter with the patient. Note how the patient is dressed and groomed, whether eye contact is established, the tongue and pattern of speech. How the patient moves and changes position, facial expression, skin type, overall body form and proportions, deformities or asymmetry of face, limbs, or trunk, nutrition, specific behaviors, signs of pain or tremor. You should also bear in mind that the patient will be inspecting you at the same time.

体格检查的第一步就是对患者的全身视诊。从你见到患者的第一眼开始,就已经是视诊了。你会注意到患者的服饰,与患者进行视觉交流,以及注意患者说话的方式。还有患者如何移动和变换体位,患者面部表情,皮肤情况,体型,患者的面部、四肢或躯干的大小,是否畸形或不对称,以及患者的营养状态,特殊的行为,痛苦的表情和震颤等。你应该牢记在心的是患者也会在同时观察你。

1.1.2 Close Visual Inspection 局部视诊

Close or focused inspection concentrates on a single anatomic region, the more you look carefully, the more you see. The art is in seeing what is important sign and distinguishing it from what is not. Visual inspection usually refers to observation with the unaided eyes. Proper visual inspection of

the body surface requires a uniform white light source to avoid color distortion. As with other methods of the physical examination, it is important not just to see an abnormality, you must learn to accurately describe what you see without using language that draws a conclusion or presumes a diagnosis.

局部视诊是对单一解剖部位的集中检查,你看得越仔细,你看到的就越多。局部视诊的技巧在于能够看得出什么是重要的体征,及其与非重要体征的区别。视诊通常是指用肉眼直接观察。体表的视诊需要在均一的白光下观察,以免受到颜色的干扰而失真。和其他的体格检查方法一样,重要的不仅仅是看到异常的体征,你还应该学会用非结论性的或推测诊断的语言来精确地描述你所看到的体征。

1.2 Palpation 触诊

Palpation is a method of physical examinations via feeling by the sense of touch (tactile sense, temperature sense and kinesthetic sense of position and vibration). Palpation can make a further investigation of the abnormal signs acquired by inspection, and it can identify those signs of which can not be sure by inspection, such as temperature, moisture, tremor, fluctuation, tenderness, sense of friction, and the location, size, contour, superficial characters, rigidity and excursion degree of a mass. Palpation is applicable widely, it is more important in the abdominal examination. Because the finger tips is more sensitive for the tactile sense, the palm of the hand is more sensitive for vibratory sense such as thrill, the dorsa of the hand is more sensitive for temperature discrimination, we should palpate more with these parts of hand. As with the other forms of observation, all normal persons possess these senses (tactile sense, temperature sense and kinesthetic sense of position and vibration), but training and practice will enable you to identify findings that escape from the layperson.

触诊是通过触觉(包括触觉、温度觉和运动觉)来感知患者异常体征的一种体格检查方法,触诊能够弥补望诊的不足,能够进一步明确视诊得到的体征信息,如温度、湿度、震颤、波动感、压痛、摩擦感,以及肿块的部位、大小、外形、表面情况、硬度和活动度等。触诊应用广泛,在腹部检查中尤为重要。因为指尖对触觉更敏感,手掌对震动觉(如震颤)更敏感,手背对温度觉更敏感,我们应该多用这些部位来触诊。和其他检查方法一样,所有正常人都具有这些感觉(包括触觉、温度觉和运动觉),但是只有通过培训和实践,你才能辨别出普通人经常遗漏掉的体征。

1.2.1 Structures Examined by Palpation 触诊的部位

Palpation is employed on every part of the body accessible to the examining fingers: all external structures, all structures accessible through the body orifices, the bones, the joints, the muscles, the tendon sheaths, the ligaments, the superficial arteries, the thrombosed or thickened veins, the superficial nerves, the salivary ducts, the spermatic cord, solid abdominal viscera, solid contents of hollow viscera, and accumulations of body fluids, pus, or blood.

检查的手指能够达到的身体的每一个部位都可以进行触诊:所有的外部结构、所有能够接触的体腔、骨骼、关节、肌肉、肌腱、韧带、浅表动脉、形成血栓的或增厚的静脉、浅表神经、涎腺导管、精索、全部的腹腔脏器、全部的空腔脏器内容物,以及积液、积脓、积血等。