

Chapter 1 : The Doctors - YouTube

*The Medibears Guide to the Doctor's Exam: For Children and Parents [John A. Ogden, Ethel F. Ogden] on blog.quintoapp.com *FREE* shipping on qualifying offers. Acquaints young patients with what happens when they visit a doctor's office for a regular checkup, when they are ill.*

How to Check for Throat Cancer Symptoms All adults should have a yearly physical exam, even if there are no existing health concerns. It is important that you get a full physical exam at least once a year to note any changes in your health status. A comprehensive physical exam not only gives your doctor a chance to look for warning signs of diseases and update your current medical records, but also gives you the opportunity to talk to you doctor about any physical or mental health concerns you might have. There is a list of clinical observations that your doctor should perform during every yearly exam and it is important that you know what to expect.

Vital Signs and General Observations Your doctor will start the exam by observing your general mood, appearance, interaction, and anxiety level. Vital signs will be recorded. This includes heart rate, blood pressure, and respiratory rate. A general survey of the skin will be taken, looking for any abnormal growths on the skin.

Upper Extremities Inspection of the nails, hands, and arms will be performed next. The doctor will look for skin abnormalities and range of motion in the arms.

Head, Neck, and Throat The doctor will palpitate the scalp and major lymph node areas, and then look at facial symmetry as well as muscle tone. The eye exam will include assessment of visual acuity in both eyes, inspection of eye lids and cornea, test of papillary response to light, and inspection of the retina. Hearing will be screened. External canal and tympanic membranes are examined, along with the nasal septum. The doctor will test the frontal sinuses for tenderness. The trachea, thyroid, and range of motion in the neck will be examined.

Back, Thorax, and Lungs The spine will be examined for asymmetry or curvature. Breathing ability, the shape of the chest, and surface abnormalities on the skin will be noted. Respiratory expansion will be inspected when you take a deep breath.

Cardiac Exam The cardiac exam will include palpitation of apical pulse. Your heart beat will be examined using a stethoscope. The jugular vein will be observed, and carotid arteries palpitated.

Abdomen The abdomen will be inspected for asymmetry, masses, or superficial abnormalities. The four quadrants will be examined for rigidity and dullness. The abdomen will be palpitated lightly over the liver, spleen and bowel areas.

Lower extremities Knees will be examined, including color, evidence of swelling, and range of motion. Legs and feet are inspected for muscle bulk, joint problems, skin abnormalities, and capillary refill.

Reflex and Coordination Exams Shoulder, biceps, triceps, hips, knees and feet will be examined for muscle tone, strength, flexion, extension, and sensation. The biceps, triceps, brachiordialis, patellar, Achilles, and Babinski reflexes are tested. Rapid alternating movements hand slap, toe tap , repeating movements index finger to thumb , and point to point movements finger to nose are checked. You will be asked to stand and walk so the doctor can observe your gait and heel-to-toe walking.

Gender specific exams Women should do a monthly breast self-exam, but are encouraged to get a mammogram every year after the age of 40. Women between the ages of 21 and 65 should get a pap smear every one to three years. Men should receive a testicular and prostate exam every year as part of their physical exam.

Immunizations Depending on age and pre-existing health conditions, you might be encouraged to get vaccinated for influenza, pneumonia, human papilloma virus, meningococcal, hepatitis A and B, or tetanus.

Chapter 2 : The Medibears guide to the doctor's exam : for children and parents (Book,) [blog.quintoapp.co

The Medibears Guide to the Doctor's Exam: For Children and Parents by John A Ogden starting at \$ The Medibears Guide to the Doctor's Exam: For Children and Parents has 1 available editions to buy at Alibris.

Social Security Disability Claims and Medical Exams If you have ever participated in a disability medical exam known as a consultative exam or CE , chances are you were less than impressed with the level of attention you received. You may even have had the feeling that the doctor was merely going through the motions, and not all that sympathetic toward your condition. Unfortunately, if this was your impression, you may not have been that far off the mark. Before doing that, however, some background information on why these exams are done in the first place. Why does Social Security send people to medical exams? Before an examiner can close a case, he or she must have recent medical information regarding your disability meaning they must have some medical evidence in the file that is no older than the last 90 days. For this reason, if you apply for disability and the disability examiner investigating your case finds that you have not been seen by a medical professional within the last few months, or you have a condition listed on your application for disability but have not actually received treatment for it-- such as depression --you will most likely be scheduled to go to an examination appointment. Going to this appointment is not optional and if you refuse to go, or consistently miss scheduled appointments, your case can be denied. Social Security will, however, reschedule you if you miss one or more appointments but have a valid reason, such as a medical emergency, transportation issues, or even getting lost on the way to the appointment. Social Security Medical exams--which may be simple physical exams, neurological exams, appointments to have xrays done , mental status exams , memory or IQ testing , and even full psychiatric evaluations --are paid for and scheduled by the Social Security Administration. The actual process is that a disability examiner will determine that an exam needs to be done and then ask the PRO, or professional relations office section of the DDS, or disability determination services agency, to make the appointment. The doctors who perform consultative exams But.. They are physicians who are contracted to independently perform examinations and submit a report of findings. What types of doctors agree to do examinations? Social Security only requires that the doctor be a licensed physician. That said, many of the physicians who perform CEs do not have positive feelings for individuals filing for disability. This, not too surprisingly, is revealed through the myriad complaints that claimants have about the exams they are sent to, such as "the exam was incredibly short", or "the doctor was rude", or "the doctor was condescending". These are age-old complaints about consultative physicians. And, unfortunately, a claimant can disadvantage their case if they attempt to appear more physically able than they really are, or, when asked by the doctor about their condition, verbally play down the severity of their condition in one sense, it is amazing that people do this, but the truth is most individuals do not want to apply for disability and, under other ideal circumstances, would prefer to be working. Other valid complaints about CE doctors include the fact that claimants with conditions like degenerative disc disease are sometimes sent to doctors whose specialty is completely removed from such conditions, such as gynecologists this does happen. The effect of a Social Security Medical Exam on your case A physical CE exam typically offers very little to your case, and will rarely be used to support a claimant being approved for disability. As a disability examiner, I found it exceedingly rare for a standard physical CE to have any impact on a claim, other than the fact that it provided recent medical documentation which allowed a disability decision to be made and the case to be closed. So, is a consultative exam really nothing more than procedural formality, possibly even a sham? Well, the answer to that is, surprisingly, not necessarily. In addition, a mental CE, meaning a psychological or psychiatric evaluation, can be critical to those seeking disability benefits on the basis of a mental impairment. Many individuals who are filing on the basis of one or more mental conditions have not received regular if any mental health care in the past, and the CE could be the only medical documentation or support available to the examiner working on their disability application or request for reconsideration. The most important thing to remember about a consultative exam is that it is a tool used to further the purposes of the social security disability agency i.

Chapter 3 : Medi-Cal Benefits

The Medibears Guide To The Doctors Exam For Children And Parents More references related to the medibears guide to the doctors exam for children and parents.

Schedule your pelvic exam for a date when you will not be on your period. However, if you have a menstrual issue you are concerned about, your doctor may suggest an examination during your period. Avoid vaginal intercourse, inserting anything into your vagina, and douching, at least 24 hours before your pelvic exam. What happens during a pelvic exam? Your doctor will have you undress and put on a robe. You may be given something to put around your waist for added privacy. You will lie on an exam table with your legs spread and your feet on footrests called stirrups. Visual exam First, your doctor will visually inspect your vagina and vulva. Your doctor may be looking for redness, irritation, discharge, cysts, or something that indicates a sexually transmitted disease, such as sores. Speculum exam Next, the doctor will insert an instrument known as a speculum into the vagina. The speculum is a stainless steel or plastic device that resembles a duckbill. Women should breathe deeply and try to relax their vaginal, rectal, and abdominal muscles during insertion. Sometimes doctors will warm up the speculum beforehand. Pap smear The doctor may swipe the cervix, before removing the speculum, with something that looks like a small spatula. The spatula gathers cells for later examination. This procedure is known as a Pap smear. By looking at the cells, your doctor can diagnose conditions such as cancer and sexually transmitted diseases. Manual exam Your doctor will also manually inspect your internal reproductive and sexual organs. To do this, your doctor will put on lubricated gloves and insert two fingers into your vagina while using the other hand to feel your abdomen. This manual exam looks for irregularities in the uterus or ovaries. During this procedure, your doctor will be able to determine the size of your uterus. They can possibly check for pregnancy, as well as any abnormalities of the fallopian tubes. Finally, your doctor may perform a rectal examination. For this exam, the doctor inserts their fingers into both the rectum and vagina simultaneously to check for abnormalities in the tissue between the two organs. Your doctor will be able to tell you right away if any abnormalities were found. However, Pap smear results may take a few days. Your doctor may prescribe medications or require a follow-up visit. They can also detect life-threatening conditions, such as cancer or infections. Outlook Pelvic exams are routine, but you may have some discomfort during the procedure and spotting afterward. Many women find pelvic exams physically and mentally uncomfortable. Doctors try to make them as painless as possible and offer reassurance and feedback during the process. It might be helpful for you to prepare a set of questions you have for your doctor. You may also ask a friend or family to stay with you during your appointment. Research shows that some groups of women are more inclined to feel physical and emotional discomfort during a pelvic exam. This includes adolescents, minorities, people with disabilities, and people who have been sexually assaulted. Healthcare providers will take special care during pelvic exams by using lubrication during instrument insertion and educating women about the process before getting started. If you feel uncomfortable at any point during your exam, make sure to tell your healthcare provider. What if she is older than 21 but is not sexually active? Routine pelvic exams are an important procedure for all women to have regularly. A woman who is younger than 21 should begin getting pelvic exams at least once a year once she is sexually active. She can discuss safe sex behaviors, birth control options, and her risk for contracting sexually transmitted infections. Answers represent the opinions of our medical experts. All content is strictly informational and should not be considered medical advice.

Chapter 4 : How to Have a Gynecological Exam (with Pictures) - wikiHow

Get this from a library! The Medibears guide to the doctor's exam: for children and parents. [John A Ogden; Ethel F Ogden] -- Acquaints young patients with what happens when they visit a doctor's office for a regular checkup, when they are ill, or following an accident.

Chapter 5 : A Practical Guide to Clinical Medicine

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Chapter 6 : Full Physical Exam Checklist | Healthfully

The Medibears Guide To The Doctors Exam For Children And Parents Asian Development Outlook User guide format template Holt Sociology Test Yle Movers Sample Test.

Chapter 7 : NCSBN Website Policies | NCSBN

The Immigration and Nationality Act requires that all immigrant visa applicants and certain nonimmigrant visa applicants, regardless of age, undergo a medical examination before receiving a visa.

Chapter 8 : Prometric Exam Reviewer Books - Rapid Access Guide

The physical exam is an essential part of any doctor's visit. Surprisingly, though, there are no absolutes in a routine physical. A good doctor may be thorough or brief, but he or she will spend.

Chapter 9 : SOCIAL SECURITY DISABILITY MEDICAL EXAMS

Here's a brief guide to the special tests your eye doctor may perform during an eye exam. Applanation Tonometry This test measures the amount of pressure it takes to flatten a portion of your cornea.