Shortpe

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1. Date of Physical Examination:

_____
(mm-dd-yyyy)

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2. Has the stadiometer been calibrated per SAC guidelines, immediately prior to the visit?

◯ Yes
◯ No

Measurements/Vital Signs

3. Time measurements started (based on 24-hour clock):

_____
(hh:mm (24 hour clock))

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4. Standing height measurement #1 (barefoot or thin socks)

_____
(cm)

4a. Standing height measurement #2:

_____
(cm)

4b. Standing height measurement #3:

_____
(cm)

4c. Average height measurement:

_____
(cm)

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5. Sitting height measurement #1

_____
(cm)

5a. Sitting height measurement #2

_____
(cm)

5b. Sitting height measurement #3

_____
(cm)

5c. Average height measurement:

_____
(cm)

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6. Weight (shoes off, light clothing):

_____
(kg)

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7. Resting systolic blood pressure #1 (per DINAMAP Monitor):

_____
(mm Hg)

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7. Resting diastolic blood pressure #1 (per DINAMAP Monitor):

_____
(mm Hg)

7a. Resting systolic blood pressure #2:

_____
(mm Hg)

7a. Resting diastolic blood pressure #2:

_____
(mm Hg)

7b. Resting systolic blood pressure #3:

_____
(mm Hg)

7b. Resting diastolic blood pressure #3:

_____
(mm Hg)

7c. Average systolic blood pressure measurement:

_____
(mm Hg)

7c. Average diastolic blood pressure measurement:

_____
(mm Hg)

8. Temperature:

_____
(c)

9. Heart Rate (Pulse):

_____
(beats/min)

10. Resting Oxygen Saturation (per Masimo Monitor)

_____
(%)

11. Respiratory Rate:

_____
(min)

12a. GENERAL APPEARANCE:

_____

12b. RESPIRATORY:

Air exchange

○ WNL
○ Good
○ Fair
○ Poor

Retractions

☐ None
☐ Suprasternal
☐ Intercostal

| Rales/crackles | ☐ None
☐ Diffuse
☐ Localized |

If Localized, describe: _____

| Wheeze | ☐ None
☐ Expiratory
☐ Inspiratory
☐ Diffuse |

If Diffuse, describe: _____

| Cough | ○ None
○ Dry (Non-Productive)
○ Productive |

If Productive, describe: _____

UPPER AIRWAY VISUAL ASSESSMENT

 Refer to diagrams provided below each question to rate each assessment.
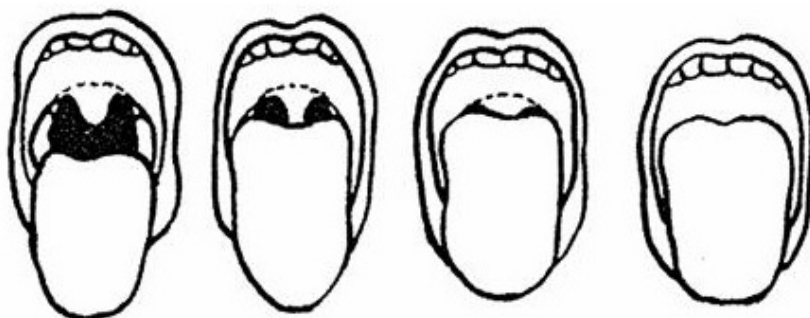
| 13. How would you rate palate positions with tongue protruded (select one)? | ○ Class 1: Can visualize soft palate;fauces;uvula;tonsillar pillars
○ Class 2: Can visualize soft palate and fauces;tip of uvula obscured
○ Class 3: Can visualize soft palate
○ Class IV: Can visualize hard palate only
○ No answer |

Mallampati Classes -Tongue Protruded

Rating Excessive Pharyngeal Tissue

| Class I | Class II | Class III | Class IV |

Class I:	Can visualize soft palate, fauces, uvula, tonsillar pillars
Class II:	Can visualize soft palate and fauces, tip of uvula obscured
Class III:	Can visualize soft palate
Class IV:	Can visualize hard palate only

14. How would you rate palate position with tongue resting in neutral position (select one)?

○ Position I- View all or most of the tonsillar fossae
○ Position II - all or most of the uvula is seen
○ Position III - can see solf palate but not the uvula
○ Position IV - only the hard palate is visible
○ No answer

Friedman Plate Positions

Tongue Resting in a Neutral Position

Fig 1. Friedman Palate Position I allows visualization of the entire uvula and tonsils/pillars.

Fig 2. Friedman Palate Position II allows visualization of the uvula but not the tonsils.

Fig 3. Friedman Palate Position III allows visualization of the soft palate but not the uvula.

Fig 4. Friedman Palate Position IV allows visualization of the hard palate only.

15. How would you rate the tonsil size (select one)?

○ 0 = tonsils removed (not shown)
○ 1+ hidden within the pillars (0- 25%)
○ 2+ extend to the pillars (26-50%)
○ 3+ extend beyond the pillars but not to the midline (51-75%)
○ 4 + extend to the midline (76- 100%)
○ No answer

Tonsil Rating Size

Tonsils, size 1, are hidden within the pillars.

. Tonsils, size 2, extend to the pillars.

Tonsils, size 3, extend beyond the pillars but not to the midline.

. Tonsils, size 4, extend to the midline.

16. Comments:

_____