



## INSTRUCTIONS FOR THE PHYSICAL EXAMINATION (PEX) FORM

### I. General Instructions

The Physical Examination form is completed during the participant's clinic or home visit to record results of that procedure, including the number of lung sounds recorded and findings from the lower extremity examination. The technician must be certified to perform the physical examination measurements and should have a working knowledge of the physical examination procedures documented in Manual 2, Field Center Procedures.

### II. Detailed Instructions for each Item

#### PROCEDURE: physical exam

- 0a. Enter date that procedure was performed with month, day and year.
- 0b. Enter staff ID for the person who completed this form.

#### LOWER EXTREMITY EDEMA

The examination for lower extremity swelling can be done before the ABI/PWV examination but not afterwards, since pressure from the ankle cuffs may interfere with the assessment of swelling.

- 2/3. Ankle/leg edema.

Examine the right leg as specified in Manual 2 then look for pitting or indentation that remains after pressure has been removed. If the indentation (pit) remains for more than a couple of seconds, it is called "pitting edema." Pitting above the middle of the lower leg (between the knee and ankle) is considered "marked;" if it only occurs below that point, it is considered "mild." Mark the appropriate findings on the physical exam form. If the exam was not performed then indicate "not done" and indicate reason (such as, amputation, cast, patient refused, skin infection etc.).