



Educational Resources in International Languages

呼吸系统检查

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呼吸系统检查

1. 自我介绍并获准检查
2. 由下至上对患者进行大体观察
 - 舒服与否?
 - 呼吸情况
 - 辅助呼吸肌的使用（包括腹肌，前斜角肌，胸锁乳突肌）
 - 气管牵引
 - 肋下或肋间神经衰退
 - 胸壁畸形
 - 漏斗胸或鸡胸
 - 紫绀
 - 贫血
 - 恶病质
 - 配套设施，如：痰盂，呼吸器，氧气瓶
3. 计算呼吸率
4. 检查手部
 - 尼古丁染色
 - 周围性发绀
 - 贫血症状
 - 杵状指—呼吸系统疾病导致：
 - 慢性肺化脓（囊胞性纤维症，积脓症，肺脓肿）
 - 支气管癌
 - 间皮瘤
 - 纤维性肺泡炎
 - 外周静脉扩张
 - 查看是否有无二氧化碳潴留
5. 查看桡动脉出脉搏
 - 强脉搏？（由于二氧化碳潴留导致）

6. 查看面部及眼部

- 霍纳氏综合症的症状：
 - o 瞳孔缩小，眼睑下垂，同侧额部或胸壁无汗或少汗
- 检查结膜查看是否贫血
- 检查舌头，查看是否有中心性发绀症状

7. 从患者后方检查颈部淋巴结

8. 查看颈部静脉搏动

- 患者平躺在检查床上，头部转向左边，抬高上身至与地面呈45度角。

9. 检查胸部

- 有无疤痕？
- 是否畸形？
- 呼吸时，胸部运动起伏是否正常

10. 检查气管位置，以及环状软骨下缘与胸骨之间的距离

11. 检查心尖搏动和左侧胸骨隆起

12. 从正面和背面检查胸部

a) 胸壁扩张

b) 语音震颤：请病人说“啊”等能将胸腔打开的字词

c) 叩诊

从锁骨上窝开始，不要忽略侧胸

d) 听诊

从锁骨上窝开始，不要忽略侧胸

让病人咳嗽，听是否有爆裂音

e) 语音共振：请病人说“啊”等能讲胸腔打开的字词

13. 检查踝关节是否肿胀

14. 完成检查

- 量体温
- 检查峰值流量
- 检查动脉血气

15. 感谢患者的配合



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