Sign & Symptoms of Diseases

OM Nursing Academy

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● Most Important Sign & Symptoms of Disease for Nursing Exam ●

Medical Surgical Nursing

Nervous System :-

➢ Meningitis -
  • Kerning Sign
  • Brudzinski Sign
  • Nuchle Rigidity

➢ Ptosis (Drooling of Eye Lids) seen in - Myasthenia Gravis

➢ Parkinsonism -
  • Mask Like Face
  • Pill Rolling Movement
  • Micrographiya
  o Omnius Sign Seen in - Bilateral Dilated, Fixed Pupil
  o PinPoint Pupils - Pons Damage
  o Halo Sign - CSF Leakages

Endocrine System :-

➢ Hypothyroidism - Myxedema (Deposition of Lipids under the skin)
➢ Hyperthyroidism - Exophthalmus (Protrusion of Eye Ball)
➢ Addison Diseases - Hyperpigmentation of Skin (Dark & Bronze Skin)
➢ Cushing Syndrome - Moon Like Face & Buffalo Hump

Respiratory System :-

• Blue Bloaters - Chronic Bronchitis
• Pink Puffers - Emphysema
• Barrel Chest - COPD
• Charcoal laden Crystals seen in - Bronchial Asthma

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• Green Rusty Sputum - Pneumonia
• Knife like Pain during Breathing - Pleurisy

**Digestive System :-**

➢ **Pancreatitis :-**
  • Cullen’s Sign - Discoloration at Periumbilical Area
  • Turner’s Sign - Bluish Discoloration at Flanks

➢ **Appendicitis :-**
  • Rovsing Sign
  • Pain at Mc Burney Point
  • Psoas Sign
  o Murphy's Sign - Cholecystitis
  o Ribbon like Stool - Hirschprung Disease (Aganglionic Megacolon)
  o Current Red Jelly Stool - Intussusception
  o **Asteresis** - Liver Cirrhosis
  o **Projectile Vomiting** - Pyloric Stenosis

**Cardiac System :-**

• Ashcoff Bodies seen in - Rheumatic Fever
• **Homan's Sign** :- Deep Vein Thrombosis

➢ **Endocarditis :-**
  • Osler’s Nodes
  • Janwey Lesion
  • Roth’s spot
  o Gallop Rhythm Seen in - Myocarditis
  o **Levin's Sign** ( Clutching of hand ) - Angina Pectoris
  o Boot shape of heart Seen in - Tetralogy of Fallot
  o Pear Shape / Flask shape Heart seen in - Pericardial Effusion
  ★ Early Sign of Heart Failure - Tachycardia
  ★ 1st Sign of Digoxin Toxicity - **Anorexia**, Nausea Vomiting
Urinary System :-

➢ **Nephrotic Syndrome** - Proteinuria, Hypoalbuminemia, Edema & Hyperlipidemia

➢ **BPH (Benign Prostate Hyperplasia)** :-
  • Early Sign - Diminished Size and Force of Urinary Stream
  • Late Sign - Post Void Dribbling

★ Early Sign of Renal Carcinoma - **Hematuria**

Musculoskeletal System :-

• First Symptoms of Fracture is - **Pain**
• Petechial Rashes Over Chest - Fat Embolism

➢ **Rheumatoid Arthritis** :-
  • Swan Neck Deformity
  • Z Thumb Deformity

  o Cod Fish Spinal Cord seen in - **Osteoporosis**

  o Tinel's Sign - Carpal Tunnel Syndrome

Eye :-

• Red Eye / Pink Eye - Conjunctivitis
• Opacity of Lens - Cataract
• Tunnel like Vision - Glaucoma

➢ **Cataract** :-
  • Early Sign - Blurred Vision
  • Late Sign - Diplopia

Ear :-

• Schwartz's Sign (Flemingo Pink Sign) - Otosclerosis

Integumentary System :-

• Nikolsky Sign - Pemphigus

Oncology :-

• Reed Sternberg Cells seen in - Hodgkin's disease

★ The most common symptoms of vulvar Cancer is **Pruritis**.
Pediatrics :-

➢ **Hydrocephalus :-**
  - Bulging fontanelle
  - **Macewan's Sign** - Baby के Skull को Percussed करेंगे तब Suture widely separated होने के कारण Pot के crack होने जैसी आवाज उत्पन्न होती है।
  - Setting Sun Eye

➢ **Cerebral Palsy :-**
  - Opisthotonus positioning
  - Scissors gait
  - Toe's walking

➢ **DDH (Developmental Dysplasia of Hip) :-**
  - Galezzi's Sign Or Allis Sign
  - Urtolani Sign
  - Barlow Sign
  - Trendelenburg Sign
  - Horse Shoe shape Kidney Seen in - Wilm's Tumour (Nephroblastoma).

Community Health Nursing :-

- **Koplik's Spot** (Table Salt like Crystal) Seen in - Measles
- Bull Neck Appearance Seen in - Diphtheria
- Tripod Sign seen in - Polio myelitis
- Pea Soup Diarrhoea - Typhoid
- Rice Water Stool - Cholera
- Major Sign of AIDS is - Weight Loss

Nutrition :-

- Bitot Spot seen in - Vitamin A deficiency
- Knock Knees & Pigeon Chest seen in - **Rickets**
- Beefy Red Tongue seen in - Pernicious Anemia
- Monkey Like Face - Marasmus
- **Pot Belly** - Kwashiorkor (AllMS Delhi 2017)
Hypocalcemia :-

- Chvostek's Sign
- Trousseau's Sign

OBG (Obstetrics & Gynecology) :-

- **Goodell's Sign** - Softening of the Cervix (6th Week)
- **Chadwick's Sign / Jacquemier's Sign** - Bluish color of Cervix and Vagina. (8th week)
- **Hegar's Sign** - Softening of the Lower Uterine Segment (6-10 Weeks).
- **Osiander Sign** - Pulsation felt at lateral fornices of Vagina (8th Week).
- **Palmer's Sign** - Regular and Rhythmic Uterine contractions.
- **Quickening** (feeling of life) - Perception of Active fetal movements by the Women. (16 Week).
- **Braxton-Hicks Contractions** - Irregular, infrequent, Spasmodic and Painless Contractions.
- **Linea Nigra** - Dark Pigmented Line from xiphoid Process to Symphysis Pubis.
- **Striae Gravidarum** - Pink White lines at Lower Abdomen.

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