## Homan's Sign Test

Patient's Name:
Edward Harper
Date:
April 25, 2023

## Objective:

Homan's Sign Test aims to screen for deep vein thrombosis (DVT) in a patient. DVT is when a blood clot forms in the deep veins, most commonly in the legs. Homan's Sign Test is a physical examination technique used to identify potential DVT by assessing pain in the calf when the foot is dorsiflexed and pressure is applied to the calf muscle.

| Step | Description |
| :--- | :--- |
| $\mathbf{1}$ | Place the patient in a supine position with legs extended and relaxed. |
| $\mathbf{2}$ | Hold the patient's ankle and gently dorsiflex the foot (bend it towards the shin). |
| $\mathbf{3}$ | Apply pressure over the calf muscle with the other hand while dorsiflexing the foot. |
| $\mathbf{4}$ | Assess for the presence of pain in the calf during the maneuver. |
| $\mathbf{5}$ | A positive Homan's Sign is indicated by pain in the calf, which may suggest DVT. |

## Notes:

Patient: Edward Harper
Age: 45
Date: April 25, 2023
Chief Complaint: Calf pain and swelling in his left leg
Assessment:
The Homans Sign Test was performed on Edward's left leg to screen for potential deep vein thrombosis (DVT). During the test, Edward reported pain in his left calf when his foot was dorsiflexed and pressure was applied to the calf muscle.

## Diagnosis:

Positive Homans Sign - suggestive of potential deep vein thrombosis (DVT) in the left leg. Further diagnostic tests are required for a definitive diagnosis.

## Recommended Actions:

1. Order a lower extremity Doppler ultrasound to confirm or rule out the presence of DVT.
2. Assess for risk factors and potential causes of DVT, such as prolonged immobility, recent surgery, or underlying medical conditions.
3. Consider initiating anticoagulant therapy if DVT is confirmed, based on clinical guidelines and individual patient factors.
4. Encourage the patient to elevate the affected leg and use compression stockings to reduce swelling and discomfort.
5. Schedule a follow-up appointment to monitor the patient's progress and adjust treatment as necessary.
