

# Sign and Symptom

## Sign and Symptom

It is very helpful to evaluate symptoms and signs in diagnosing the causes of health problems and in monitoring the status of diagnosed diseases. Moreover, assessment of symptoms and signs is important during treatment with medications in order to determine the effectiveness of treatment and the development of side effects.

### What is a Symptom?

Symptom: Any subjective evidence of disease. A symptom is a occurrence that is experienced by an individual. Anxiety, lower back pain, and fatigue are all symptoms. They are sensations only the patient can perceive. In contrast, a sign is objective evidence of disease. A bloody nose is a sign. It is evident to the patient, doctor, nurse, and other observers.

### What is a Sign?

Sign: Any objective evidence of disease. A sign can be detected by a person other than the affected individual. Gross blood in the stool is a sign of disease. It can be recognized by the patient, doctor, nurse, or others. In contrast, a symptom is, by its nature, subjective. Abdominal pain is a symptom. It is something only the patient can know.