

Report from Nov 27, 2025, 2:23:18 PM

https://physicianpromptengineering.com/

Analyze

Mobile Desktop

Discover what your real users are experiencing No Data

Diagnose performance issues

84

Performance

92

Accessibility

100

Best Practices

100

SEO

SI

FCP

CLS

84

LCP

TBT

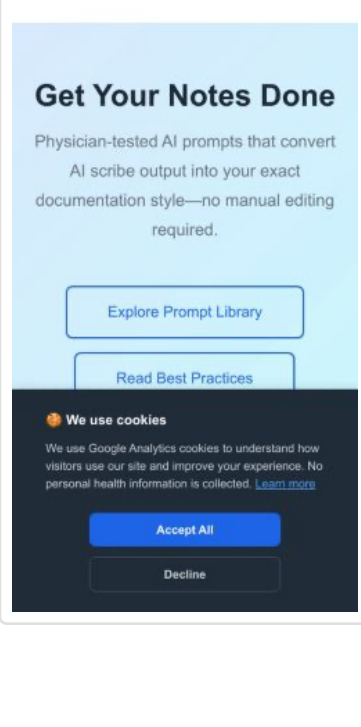
Performance

Values are estimated and may vary. The [performance score](#) is calculated directly from these metrics. [See calculator.](#)

▲ 0–49

■ 50–89

● 90–100



METRICSExpand view

■ First Contentful Paint

2.4 s

■ Largest Contentful Paint

3.6 s

● Total Blocking Time

120 ms

● Cumulative Layout Shift

0

■ Speed Index

4.4 s

Captured at Nov 27, 2025 at 2:23 PM EST

Emulated Moto G Power with Lighthouse 13.0.1

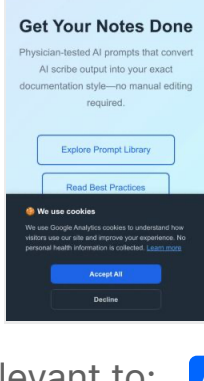
Single page session

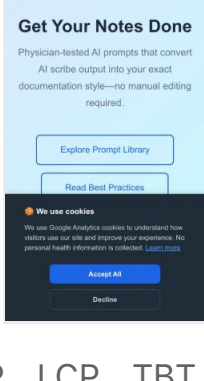
Initial page load

Slow 4G throttling

Using HeadlessChromium 137.0.7151.119 with Ir

View Treemap





Show audits relevant to: [All](#) [FCP](#) [LCP](#) [TBT](#)

INSIGHTS

▲ Use efficient cache lifetimes — Est savings of 62 KiB

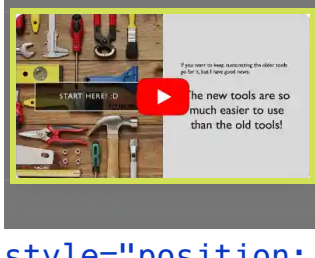
A long cache lifetime can speed up repeat visits to your page. [Learn more about caching.](#) [LCP](#) [FCP](#) [Unscored](#)

✓ Show 3rd-party resources (1)

Request	Cache TTL	Transfer Size
YouTube Video		66 KiB
...-2ivdNTM7SY/sddefault.jpg (img.youtube.com)	2h	66 KiB
physicianpromptengineering.com 1st Party		13 KiB
...css/style.css (physicianpromptengineering.com)	10m	10 KiB
...js/simple-jekyll-search.min.js (physicianpromptengineering.com)	10m	3 KiB
...js/dropdown.js (physicianpromptengineering.com)	10m	1 KiB

▲ Improve image delivery — Est savings of 28 KiB

Reducing the download time of images can improve the perceived load time of the page and LCP. [Learn more about optimizing image size](#) [LCP](#) [FCP](#) [Unscored](#)

URL	Resource Size	Est Savings
YouTube Video	65.3 KiB	27.7 KiB
 Clinical AI Documentation Workflow 	...-2ivdNTM7SY/sddefault.jpg (img.youtube.com) 65.3 KiB	27.7 KiB
	Using a modern image format (WebP, AVIF) or increasing the image compression could improve this image's download size.	27.7 KiB

▲ Forced reflow

A forced reflow occurs when JavaScript queries geometric properties (such as offsetWidth) after styles have been invalidated by a change to the DOM state. This can result in poor performance. [Learn more about forced reflows](#) and possible mitigations. [Unscored](#)

Top function call	Total reflow time
...js/dropdown.js:5:55 (physicianpromptengineering.com)	93 ms
Source	Total reflow time
...js/dropdown.js:6:13 (physicianpromptengineering.com)	93 ms

▲ Network dependency tree

[Avoid chaining critical requests](#) by reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load. [LCP](#) [Unscored](#)

Maximum critical path latency: **650 ms**

Initial Navigation

- <https://physicianpromptengineering.com> - **154 ms**, 12.91 KiB
 - ...css/style.css (physicianpromptengineering.com) - **376 ms**, 9.60 KiB
 - ...js/simple-jekyll-search.min.js (physicianpromptengineering.com) - **290 ms**, 2.58 KiB
 - /search.json (physicianpromptengineering.com) - **650 ms**, 4.97 KiB

Preconnected origins

```
preconnect
```

 hints help the browser establish a connection earlier in the page load, saving time when the first request for that origin is made. The following are the origins that the page preconnected to.
no origins were preconnected

Preconnect candidatesAdd [preconnect](#) hints to your most important origins, but try to use no more than 4.
No additional origins are good candidates for preconnecting

■ Render blocking requests

○ Optimize DOM size

○ LCP breakdown

○ 3rd parties

These insights are also available in the Chrome DevTools Performance Panel - [record a trace](#) to view more detailed information.

DIAGNOSTICS

▲ Reduce unused JavaScript — Est savings of 54 KiB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity. [Learn how to reduce unused JavaScript.](#) [LCP](#) [FCP](#) [Unscored](#)

URL	Transfer Size	Est Savings
Google Tag Manager Tag-Manager	139.7 KiB	53.7 KiB
/tag/js?id=G-VNYGW8RWMY (www.googletagmanager.com)	139.7 KiB	53.7 KiB

○ Avoid long main-thread tasks — 3 long tasks found

More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

PASSED AUDITS (17)Show

92

Accessibility

These checks highlight opportunities to [improve the accessibility](#) of your [web app](#). Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so [manual testing](#) is also encouraged.

CONTRAST

▲ Background and foreground colors do not have a sufficient contrast ratio.

▲ Links rely on color to be distinguishable.

These are opportunities to improve the legibility of your content.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)Show

These items address areas which an automated testing tool cannot cover. [Learn more](#) in our guide on [conducting an accessibility review](#).

PASSED AUDITS (21)Show

NOT APPLICABLE (37)Show

100

Best Practices

These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on [Core Web Vitals](#). [Learn more about Google Search Essentials](#).

ADDITIONAL ITEMS TO MANUALLY CHECK (1)Hide

○ Structured data is valid

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (10)Show

TRUST AND SAFETY

○ Ensure CSP is effective against XSS attacks

○ Use a strong HSTS policy

○ Ensure proper origin isolation with COOP

○ Mitigate clickjacking with XFO or CSP

○ Mitigate DOM-based XSS with Trusted Types

PASSED AUDITS (13)Show

NOT APPLICABLE (2)Show

More on PageSpeed Insights

What's new

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