

# Abdominal examination



**Instructions** - “*Perform a full abdominal examination on this patient*”

1	Washes hands	
2	Introduces themselves & confirms patient details	
3	Explains examination & gains consent	
4	Positions and exposes patient appropriately	
5	Performs general inspection	
6	Inspects hands - <i>e.g. clubbing / flapping tremor / palmar erythema</i>	
7	Inspects axilla	
8	Inspects sclera & conjunctiva	
9	Inspects mouth & tongue	
10	Palpates lymph nodes ( <i>including Virchow's node</i> )	
11	Inspects chest closely	
12	Inspects abdomen closely	
13	Performs abdominal palpation (light and deep)	
14	Palpates liver edge	
15	Palpates spleen	
16	Ballots kidneys	
17	Palpates aorta	
18	Palpates bladder	
19	Percusses for borders of liver, spleen & bladder	
20	Assesses for shifting dullness	
21	Auscultates bowel sounds and for bruits ( <i>aortic / renal</i> )	
22	Thanks patient & washes hands	

## EXAMINER

“*Summarise your findings, suggest further investigations and offer a differential diagnosis*”

23	Accurately summarises salient findings	
24	Suggests appropriate further investigations	
25	Suggests appropriate differential diagnosis	

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