

Hernia Examination



1	Washes hands	
2	Introduces themselves & confirms patient details	
3	Explains procedure & gains consent	
4	Requests a chaperone	
5	Positions patient appropriately	
6	Inspects the patient's abdomen, groins and testicles, including asking the patient to cough	
7	Assesses any lump using structured approach (Site/Size/Shape/Colour/Contour/Consistency/Tenderness/Temperature/Tethering/Pulsatility/Cough impulse/Transillumination/Bruit/Lymphadenopathy)	
8	Asks patient to reduce hernia (or does it for the patient)	
9	Assesses direct vs indirect inguinal hernia using reduction and pressure over deep inguinal ring	
10	Suggests the need to perform a scrotal examination	
11	Auscultates the hernia	
12	Re-covers patient and allows them privacy to get dressed	
13	Washes hands	
14	Thanks patient	
15	Summarises salient findings	
16	Suggests further assessments & investigations	

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