

Examination of the Abdomen

	What to do	What is expected	Not done	Done with mistakes	Done correct
1	Preparedness – Name, age, weight of the patient	Understand what is expected from you by the patient /examiner			
2	Introduce yourself to patient/mother, 'consent' for examination	Develop rapport with patient , mother			
3	General look at the patient while greeting and talking	Understand the general condition, severity of illness, dysmorphic features, intelligence, development			
4	Observe surrounding while talking to patient	Temperature charts, Urine, stools, other equipment's			
5	Examine the hand	Pallor, clubbing (grade), cyanosis, Jaundice, scratch marks,			
6	Head and neck - Head size, eyes, mouth, neck	Head size and deformities, hair, eyes jaundice, Pallor, dental caries, Lymphadenopathy			
7	Lower limbs	Clubbing, Ankle edema, skin rashes			
8	Inspection of abdomen from the foot end eyes at the level of patient	Distention, masses, scars, pulsations, herniations			
8	Palpation of the abdomen – superficial palpation while looking at the patients face	Check for tender areas and obvious masses all four quadrants			
9	Examine the liver synchronize with breathing watch to see whether it is painful to patient	Locate lower border, confirm by percussion, take measurements, check the surface, tenderness, consistency, percuss for upper border			
10	Examine for spleen	Locate the lower border, confirm by percussion, take measurements, check the surface, tenderness, consistency			
11	Check for other lumps and ballotable kidney and bladder	Examine the lump, plan of the mass, size shape surface and consistency, Renal lumps, constipated stools			
12	Percussion for fluid Ascites or bladder	Look for ascites. If there is flank dullness check for shifting			
13	Auscultation	For Bruit and Bowel sounds			
14	Examine the perineum (only if its is necessary)	Hernia orifices, genitalia Ensure privacy and ask for consent			
15	Per rectal or Vaginal examination	Ask the teacher before asking patient (only if it is essential)			
16	Terminate helping the patient to dress after thanking	Thank the patient and help to dress			