

GIT

Ly flat (1 pillow)

Age
Sex
Post² - Ly inked

Well-nourished
Comfortable/Pain
Healthy/Pale
RR
Alert

GEN

Cachexia
Jaundice / Pigmentat² (Haemochromatosis / Whipple's)
Xanthomas + scratch marks (Cholelithiasis)

Mental state (memory loss / encephalopathy)
- Alert

HANDS

Nails Clubbing / Leuconychia / Koilonychia

Palm Palmar erythema
Dupuytren's contracture
Anemia
Arthropathy (Chromochromatosis)

Hepatic flap
HR AF
Tremor (Wilson's, etc)

ARMS

BP
Spider naevi
Echymoses / Petechiae
Wash
Scratch marks
Acanthosis nigricans

FACE

Eyes - Sclera jaundice
iris (ant uveitis)

Cornea Kayser - Fleischer rings

Conjunctiva Anemia
Eyelid xanthelasma

Parotid ↑↑ (alc)

Mouth - Breath fetor hepaticus

- Lips Stomatitis
Ulcerat² Localized pigmentat²
Leucoplakia Telangiectasia / Verrucae

- Gums Fitzpatrick
Bleed / Gingivitis
Pigmentat²
at - Lidiases

- Teeth [remove false teeth]

- Tongue: coat Dry
Atrophic glossitis / lingua nigra / geo tongue
atrophic glossitis / ulcerat²
Leucoplakia / Candidiasis
coated / fissured

NECK

JVP
LN - Cerv
Supraclavicular
Axillary Transient sign

CHEST

Breast Gynecomastia
Spider naevi
Body hair
Pseud

ABD [lift up stomach]

Ⓢ scars ? movement resp + RR - kin adds → OP
Distens² / Localized mass / Hernia → asym(mass)
Visible peristalsis / Prominent veins (? direct - caput)
Bruise / Bruis / Pigmentat² - IVC obs
Skin les² - HZ / Six Joseph's / Cullen's / Grey Turner's

Ⓟ Warm hands
S/F } Tenderness / rebound v / crossed ~ Murphy's
Deep } Rigidity / Guard² v or most → perc² lightly
Organomegaly / mass

Liver RIF Aortic aneu

GB

Spleen RIF

Kidney costo-vert tenderness PKD

Carnett's test

Ⓟ vsc outline - Liver - ? Pain - xantomas
Spleen ? Mass
Kidney
Bladder

Ascites - Shift dullness
Fluid thrill
DPP → Liver / spleen

Ⓢ Bowel sounds - high pitched / low pitched gurgle
Succus splash / Borborygmi
Bruit - A ↑ RAS mercuric
Liver (CA/alc hepatitis / AI malform)
Hums - v [Craniotier-Baumgartner sign]
Rubus - Liver / spleen

GROIN

Ⓢ Genitalia - Test atrophy
Ⓟ LN - ing
Ⓢ Fem pulse
Ⓟ PR x PV
Ⓢ Hernial orifices - cough impulse
- stand up → cough
Murphy's kidney punch

LEGS

SOA
Bruis
Pain neuropathy
Swell / tenderness in calf
Bright free } ? Gout / Bantagout

OTHERS

Ⓢ CHEST Constrictive pericarditis, Ⓢ R
CVS ← sacral oedema
Trachea / rander
RS ← consolidat² / pleural rub / pleural effus.²
Breast exam
Vital Temperature chart

Urine analysis [Ble: B/C, Urobilinogen
[Glu] nitrites, RBC, WBC

PR Ⓢ fistula
tags
blood / mucus

Ⓟ

PV cystocele
rectocele

Hernia

① Lump
Skin ← Scar - previous hernia repair
 colour / telangiectasia
 distended V
Abdo distens?

① site - pubic tubercle
Tenderness

Cough impulse < Fr deep firm
Reducible

Hard on int ring
Stand

Lie patient down - Reduce

★ Examine scrotum - T. absent testicle

②: Strangular ← Skin red
 Tender, °C
 Abdo - intestinal obs

PR
Pdp → Chest - COAD

Testicular mass

- Testis
- Epididymis
- Cord
- T. vaginalis

- fr above: hernia : X get above it

Eg LN

Abd LN - paraaortic

Abdo exam

Gen - ?well
?jaundice

Abdo - (+) Scars
Lump ^{ext} hernia, mass, distens²
Skin - les², striae, veins

[Lift up shoulder] ?divaricat² / incisional hernia

- (P) S/f

Deep - Mass

(1) Liver (±GB)

(2) Spleen

(3) Kidney

(4) Ascites - ?shift - dullness ± fluid thrill
(sacral oedema) dipping

(5) Abdo aortic aneurysm

- (A) BS

(Bruit
Rub)

Periphery	Hands :	clubbing / leuconychia Dupuytren's / palmar cysts Hep. flap		
	H&N	Jaundice / Anaemia mouth - fetor	Parotid	LN
	Chest	Gynecomastia SPIDER NAEVUS		
	LL			

Others - genitalia: test. atrophy

- Hemial oedema
LN

Fem pulses

- PRA PV
FWTA °C chart



ABDO MASS

RUQ

- ① LIVER
 - CCF
 - Cirrhosis
 - Malignancy
 - Mets
 - Hydatid → Hydatid Thrill
 - Infect
 - PTORid - COAD
 - Riedel's lobe
- ② GB
 - Phlegmon
 - Mucocoele, empyema
 - Obs jaundice (Courvoisier's law)
 - CA
- ③ KIDNEY
 - ADPKC
 - bilat
 - AVF
 - swallow
 - Renal CA
 - Hydronephrosis
 - Hypertension solitary fct kidney
 - Renal V thrombosis
- ④ COLON CA

Epigastric

- ① Gastric outlet obs (Dil stomach)
 - 2°
 - DU
 - Gastric CA → rapid (COAD)
 - Pseudo cyst
 - cystic swell
 - succus splash
- ② Malignancy
 - Gastric CA - Adeno CA (at pyloric antrum)
 - Pancreatic CA → liver mets
 - CA transverse colon
 - Peritoneal seed fr abdo l°
- ③ Epigastric hernia (strangulated)
- ④ LN - para-aortic
- AAA - pulsatile expansile
- Pancreas - Pseudocyst Phlegmon

LUQ

- ① Spleen
 - Portal HT
 - Infect: IE, EBV, malaria
 - Malignancy: myelofibrosis, CML, lymphoma, myeloid
 - ← Inflamm: RA, SLE, Deposit, Amyloid, Sarcoid
- ② Stomach
- ③ Kidney

RIF

- ① Colon
 - Faeces
 - caecal CA
- ② Appendix
 - Phlegmon
 - Abscess
- ③ T. ileum - Crohn's
- LN - TB, Actinomycosis
- ④ Kidney - Pelvic ~ Transplant

A - Iliac Artery
Haematoma (ruptured epigastric A)
Psoas abscess
Tests - UDT → malignant Δ
Bone - Chondrosarcoma ilium
Gynae

Pelvis

- ① Bladder
 - Distended
 - TCC
- ② Uterus
- ③ Ovary

LIF

- ① Colon - Faeces
- CA
- Diverticular D

Central — LN: paraaortic
Omentum: mets
Mesentery: cyst
 sarcoma, desmoid tumour
SI: Crohn's

ABDO WALL

- ① Hernia * new ~ /divertical → beware ↑ Pinna abdo → Tumour ASCites
- ② Soft tissue — Lipoma
 Desmoid
 Abscess
- ③ Subcut mets
- ④ Implanted devices — ports
 shunts

Hepatosplenomegaly

INGUINAL HERNIA

Early - No cough impulse

Standing
 Introduce, permission
 Stand up + expose groin
 Is area painful? Do you have a lump? Can you reduce it? Can you show me where it is? hernia

① - Exclude varicocele
 saphena varix } groin lump

② - cough impulse ⊕
 "Inguinal" hernia

③ - 3 finger palpate
 (slide finger up & below) along tendon of adductor longus
 [Invaginate in scrotum → Find at ing ring (differentiate ing fr femoral)]
 (diff: vascular tumor)
 LANDMARKS
 pubic tubercle



- Check other side

Supine

? span reduce / manually reduce: patient

Examine - cough impulse (3 finger palpate)
 ⊕ / ⊖

✓ (Exclude - scrotal lump) Coexisting
 [✓ pt below it → hydrocele]

✓ Pressure on ~~at~~ int ring

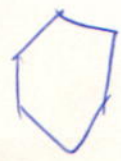
Stand Release ~~at~~

} ? hernia appears

Exclude
 (PR) / (A) then int
 tense, tender, irreducible, no cough impulse
 SBO/LBO
 Skin - red (late)
 oedema

RF c hernia

COAD



Abdo distensⁿ fr ascites
 (PR) Constipation
 BPH