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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Right Hypochondriac

|  |  |  |
| --- | --- | --- |
| **X** | **X** | **X** |
|  |  |  |
|  |  |  |

 | LiverGallbladderSmall intestineAscending Colon Transverse ColonSpleenRight Kidney

|  |
| --- |
| **General inspection** |
| * Colour e.g. Jaundice
 |
| * Ask about pain and note discomfort
* Spider-naevi throughout
* Note and describe vomit
 |
| **Hands** |
| * Leukonychia – White spotting in finger nails
* Koilonychia – Inwards spooning of finger nails
* Clubbing
 |
| * Anaemic palmar creases
 |
| * Palmar erythema
* Dupuytren’s contracture – Inwards flexion of medial fingers
* Hepatic flap
* Pulse rate, rhythm and strength
 |
| **Neck** |
| * Jugular venous pressure
 |
| **Face and Eyes** |
| * Conjunctiva (Jaundice)
 |
| * Anaemia
 |
| * Mouth ulcers
* Dentition
* Dehydration – Lips and tongue
* Tongue disorders – e.g. Atrophy, Polyps
 |
| **Lymph Nodes** |
| * Occipital
 |
| * Pre and Post-auricular
 |
| * Submandibular
 |
| * Submental
 |
| * Tonsillar
 |
| * Anterior and posterior cervical
 |
| * Supraclavicular including scalene
 |
| **Abdomen – Inspection**  |
| * Symmetry and shape – obvious lumps, bulging masses or distension
 |
| * Pulsations and Peristalsis
 |
| * Venous distension
 |
| * Discolorations – Bruise like shapes either central (Cullen’s) or dispersed (Grey turner’s)
 |
| **Abdomen – Palpation** * Light and Deep – All 9 areas
* Rebound tenderness
* Ballot Kidneys
* Liver
* Spleen
* Bladder
* Aorta

**Abdomen – Percussion** * Liver
* Spleen
* Bladder
* Shifting dullness
* Fluid thrill

**Abdomen – Auscultation** * Bowel sounds and note location e.g. Descending colon
* Aorta
* Renal arteries – 4cm~ latero-superior from naval
* Liver bruits – Auscultate over liver
 |

 |
| Epigastrium

|  |  |  |
| --- | --- | --- |
| **X** | **X** | **X** |
|  |  |  |
|  |  |  |

 | OesophagusStomachLiverPancreasSmall intestineTransverse colonRight and left kidneys and uretersSpleen |
| Left Hypochondriac

|  |  |  |
| --- | --- | --- |
| **X** | **X** | **X** |
|  |  |  |
|  |  |  |

 | StomachLiver (tip)Pancreas (tail)Small intestineTransverse colonDescending colonLeft kidneySpleen |
| Right Lumbar

|  |  |  |
| --- | --- | --- |
| **X** |  | **X** |
| **X** |  |  |
|  |  |  |

  | Liver (tip)GallbladderSmall intestineAscending colonRight kidney |
| Umbilical

|  |  |  |
| --- | --- | --- |
| **X** | **X** | **X** |
|  | **X** |  |
|  |  |  |

 | StomachPancreasSmall intestineTransverse colonRight and left kidneys and ureters |
| Left Lumbar

|  |  |  |
| --- | --- | --- |
| **X** | **X** | **X** |
|  |  | **X** |
|  |  |  |

  | Small intestineDescending colonLeft kidney tip |
| Right iliac

|  |  |  |
| --- | --- | --- |
|  | **X** | **X** |
|  |  |  |
| **X** |  |  |

  | Small intestineAppendixCecumAscending colonRight ovary and fallopian tube |
| Hypogastric

|  |  |  |
| --- | --- | --- |
| **X** | **X** | **X** |
|  |  |  |
|  | **X** |  |

 | Small intestineSigmoid colonRectumuterusRight and left ovaries and fallopian tubesRight and left uretersBladderProstate |
| Left iliac

|  |  |  |
| --- | --- | --- |
| **X** | **X** | **X** |
|  |  |  |
|  |  | **X** |

  | Small intestineDescending colonSigmoid colonRight and left ovariesLeft fallopian tube |