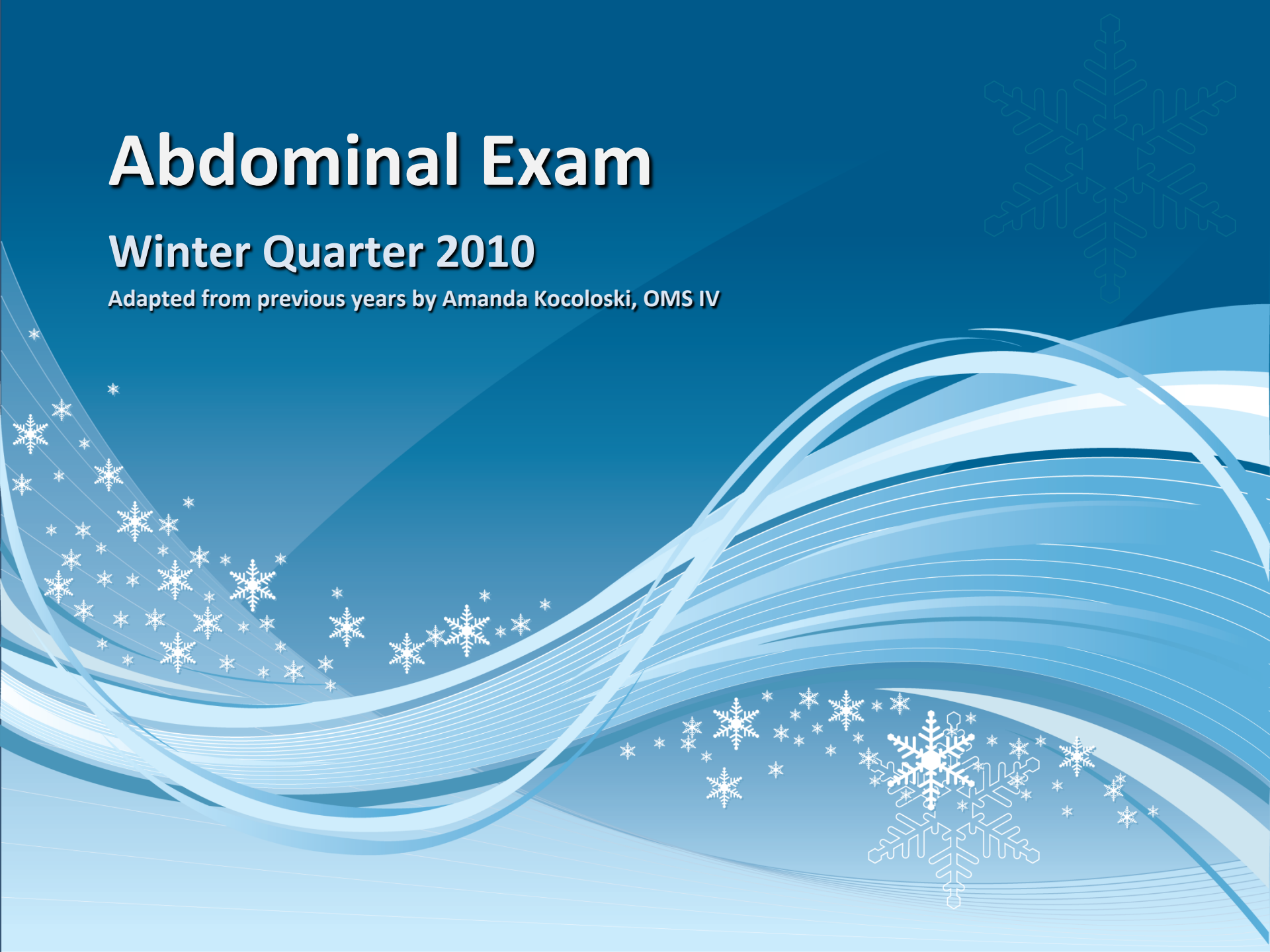


# Abdominal Exam

## Winter Quarter 2010

Adapted from previous years by Amanda Kocoloski, OMS IV



# Agenda

- ★ History
- ★ Anatomy
- ★ Physical
- ★ Practice cases
  - ★ 2 gastrointestinal complaints
  - ★ Work on incorporating GI into history and physical exam skills
- ★ Practice documentation

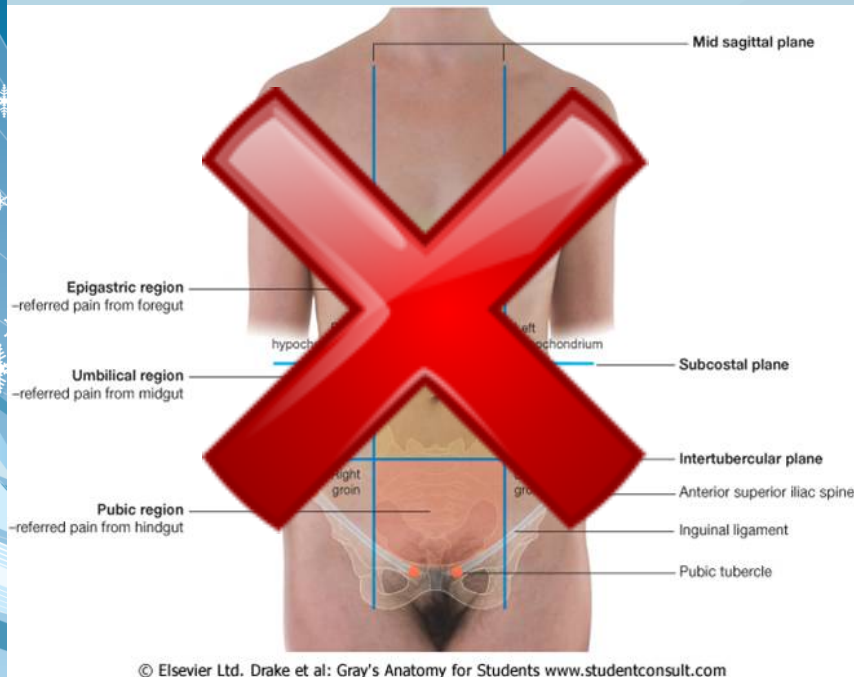
# History

## Common Complaints:

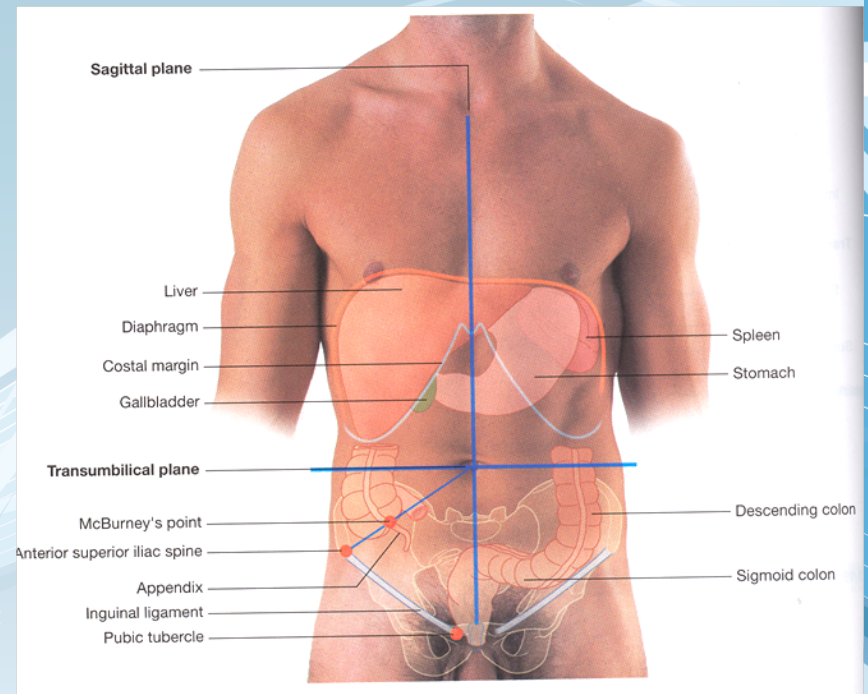
- ★ Abdominal pain
- ★ Change in appetite
- ★ Dysphagia/Odynophagia
  - ★ Difficult or painful swallowing
- ★ Nausea/Vomiting
- ★ Jaundice
- ★ Change in bowel habits
- ★ Melena/Hematochezia
  - ★ Dark tarry or red stools
- ★ Hemorrhoids
- ★ Anal pruritis

# Anatomy

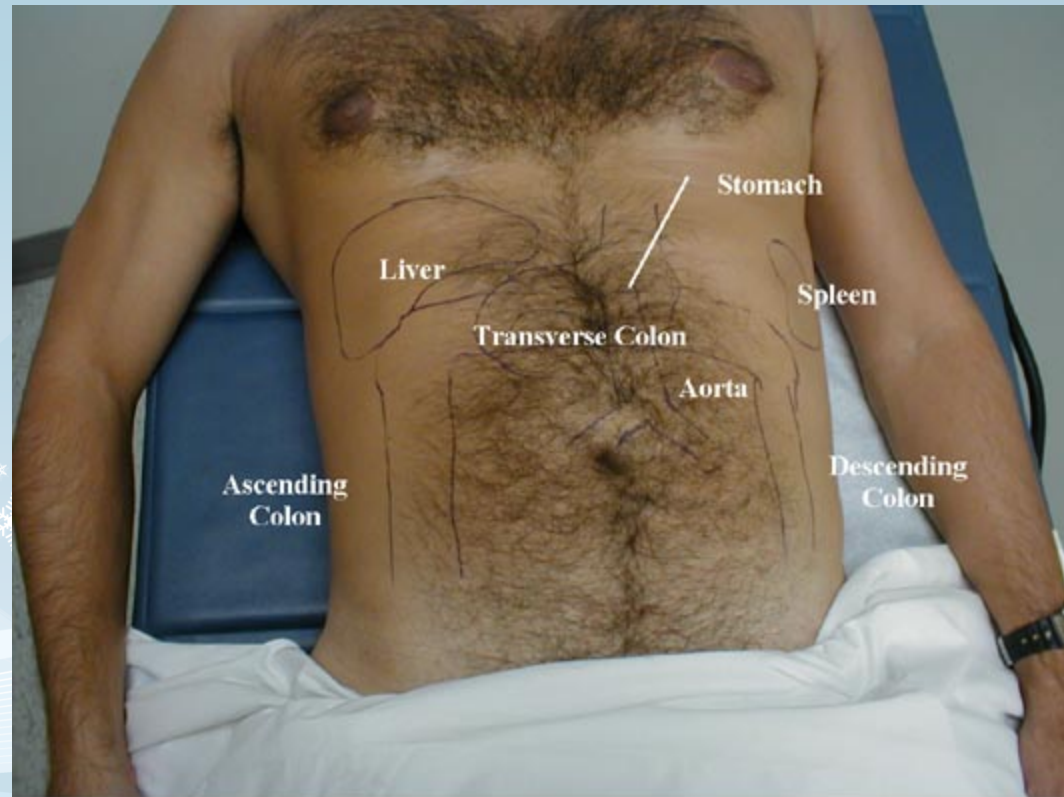
## Regions (Anatomical)



## Quadrants (Clinical)



# Surface Anatomy



# Enhancing the Exam

- ★ Empty bladder
- ★ Patient comfort (pillows and draping)
- ★ Arms at side or crossed over chest
- ★ Ask the patient to point to any painful areas; examine last
- ★ Warm hands and stethoscope
- ★ Ticklish or nervous patients: slow movements, distraction, use their hands

# Exam Order

★ Inspection

★ Auscultation

★ Percussion or palpation can alter bowel sound frequency

★ Bonus Question: What is the medical term for “stomach growling”?

★ Borborygmus

★ Percussion

★ Palpation

# Abdominal Physical Exam

## Inspection

### ★ Contour

- ★ Flat
- ★ Scaphoid
- ★ Distended
- ★ Symmetry

### ★ Movement

- ★ Peristaltic
- ★ Respirations
- ★ Aortic pulsation

### ★ Skin

- ★ Scars – cicatrix
- ★ Striae
- ★ Discoloration
- ★ Venous patterns
- ★ Edema



# Abdominal Physical Exam

## Auscultation

- ★ 4 quadrants
- ★ 15-20 seconds
- ★ Bowel sounds
  - ★ Frequency
  - ★ Pitch
- ★ Vascular Sounds
  - ★ Renal
  - ★ Iliac
  - ★ Femoral



# Abdominal Physical Exam

## Percussion

### ★ Notes Elicited

#### ★ Tympanic

- ★ Predominant due to gas in GI tract

#### ★ Hyperresonant

#### ★ Dull

- ★ Organs, fluid and feces

#### ★ Flat

### ★ Distension of abdomen

- ★ Fluid vs. Air

### ★ Outline Organs

- ★ Liver, spleen, and gastric bubble



# Abdominal Physical Exam

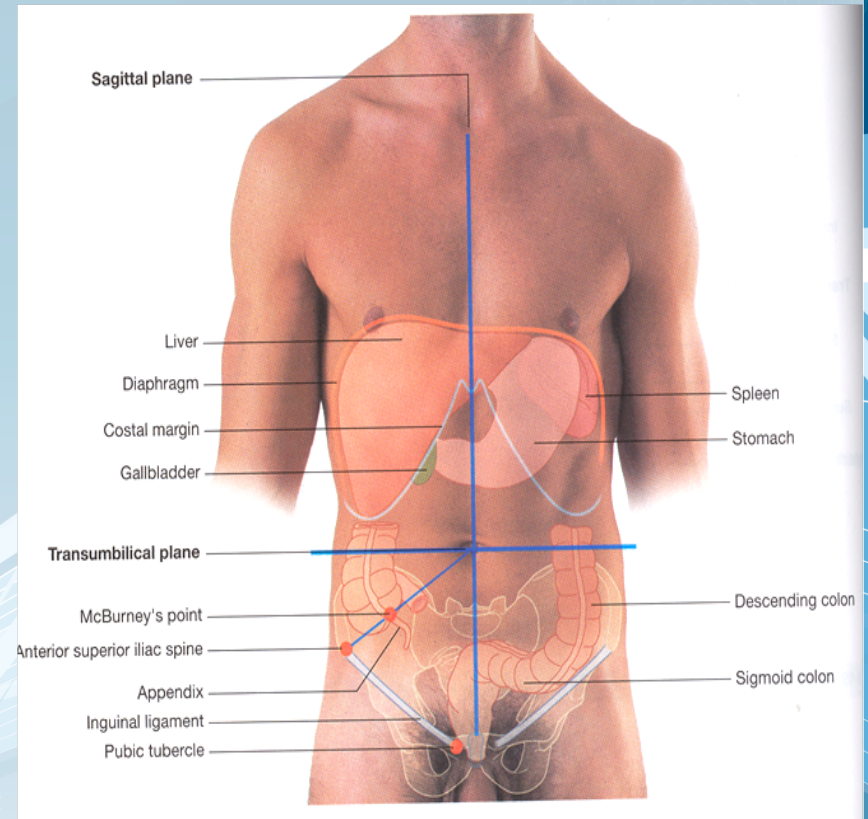
## Palpation

- ★ Start farthest from pain and move towards it
- ★ 4 abdominal quadrants
  - ★ Light palpation
  - ★ Deep palpation
- ★ Peritoneal inflammation
  - ★ Pain with coughing, gentle palpation
  - ★ Involuntary rigidity
  - ★ Rebound tenderness

# Abdominal Physical Exam

## Palpation - Left Upper Quadrant

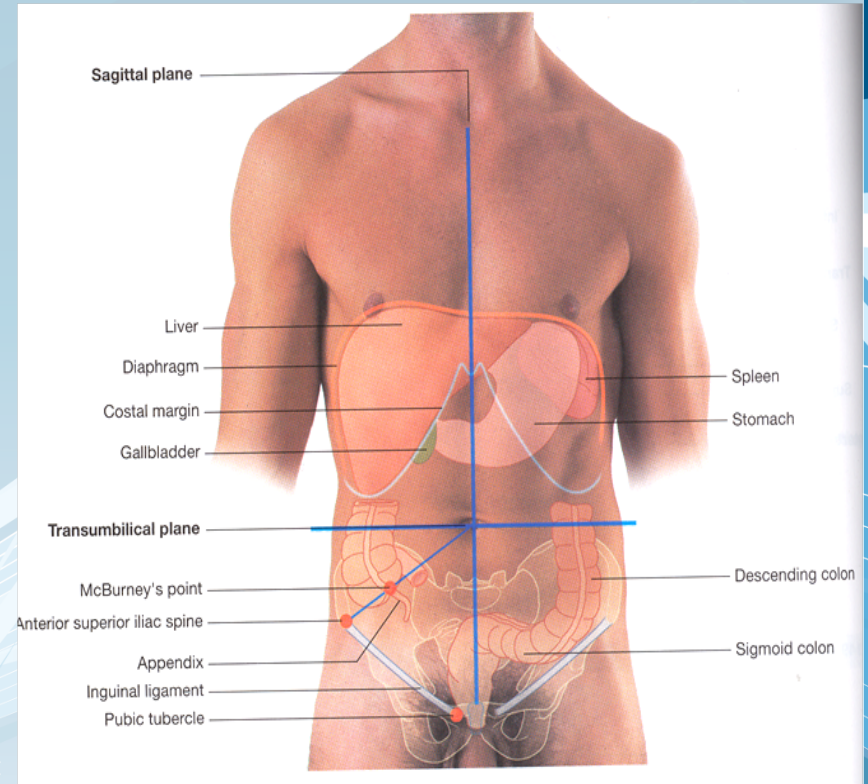
- ☆ Liver: left lobe
- ☆ Spleen
- ☆ Stomach
- ☆ Jejunum and proximal ileum
- ☆ Pancreas: body and tail
- ☆ Left kidney
- ☆ Left suprarenal gland
- ☆ Left colic (splenic) flexure
- ☆ Transverse colon: left half
- ☆ Descending colon: superior part



# Abdominal Physical Exam

## Palpation - Left Upper Quadrant

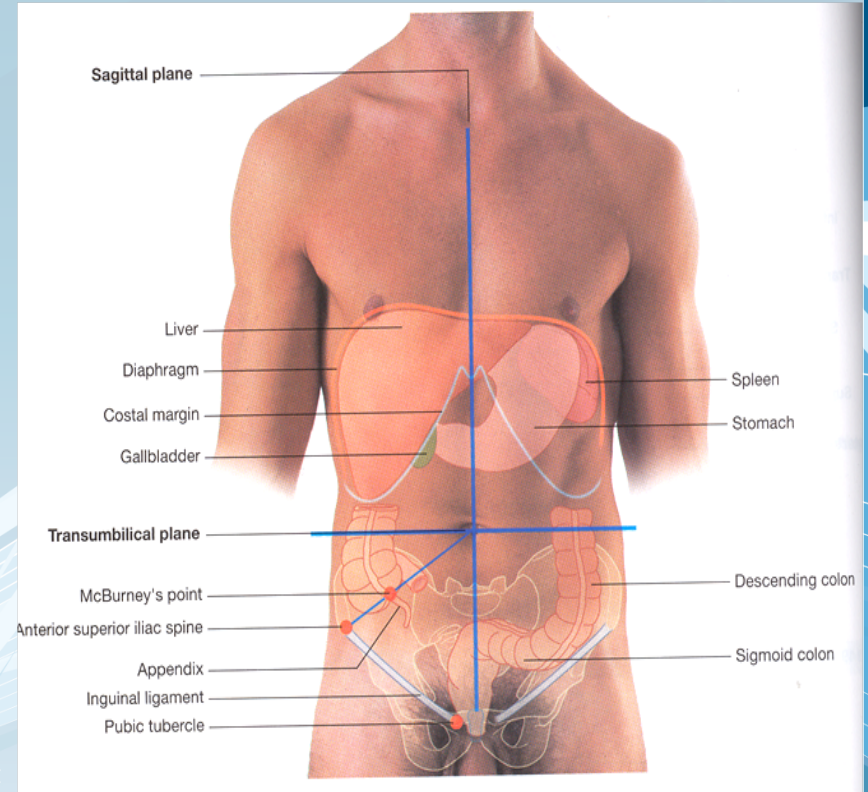
- ★ Liver: left lobe
- ★ Spleen
- ★ Stomach
- ★ Jejunum and proximal ileum
- ★ Pancreas: body and tail
- ★ Left Kidney
- ★ Left Suprarenal gland
- ★ Left colic (splenic) flexure
- ★ Transverse colon: left half
- ★ Descending colon: superior part



# Abdominal Physical Exam

## Palpation - Right Upper Quadrant

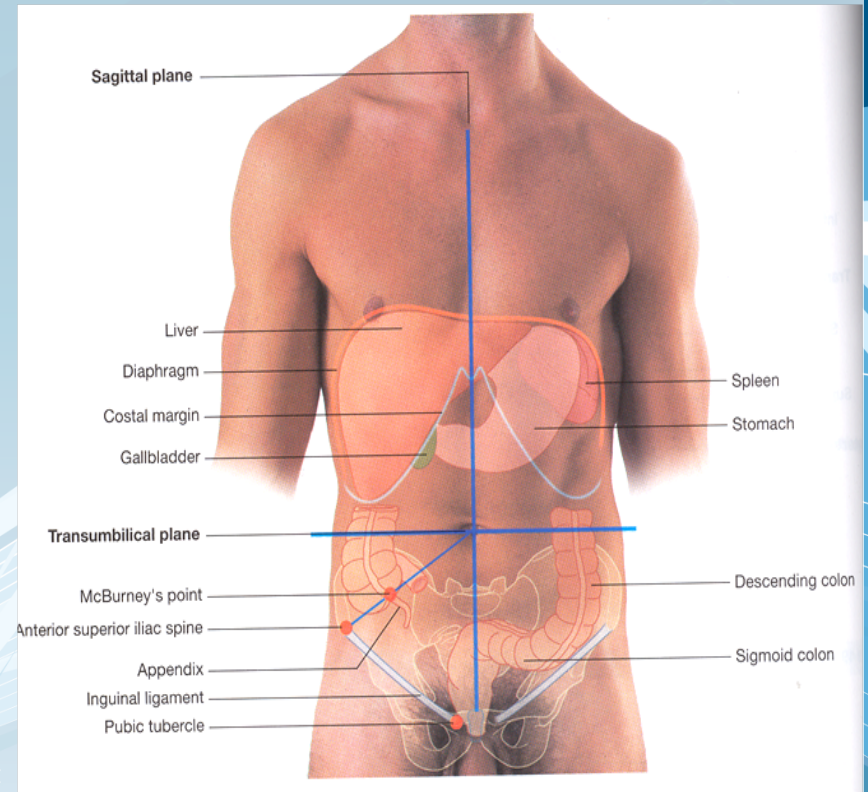
- ☆ Liver: right lobe
- ☆ Gallbladder
- ☆ Stomach: pylorus
- ☆ Duodenum: parts 1-3
- ☆ Pancreas: head
- ☆ Right suprarenal gland
- ☆ Right kidney
- ☆ Right colic (hepatic) flexure
- ☆ Ascending colon: superior part
- ☆ Transverse colon: right half



# Abdominal Physical Exam

## Palpation - Right Upper Quadrant

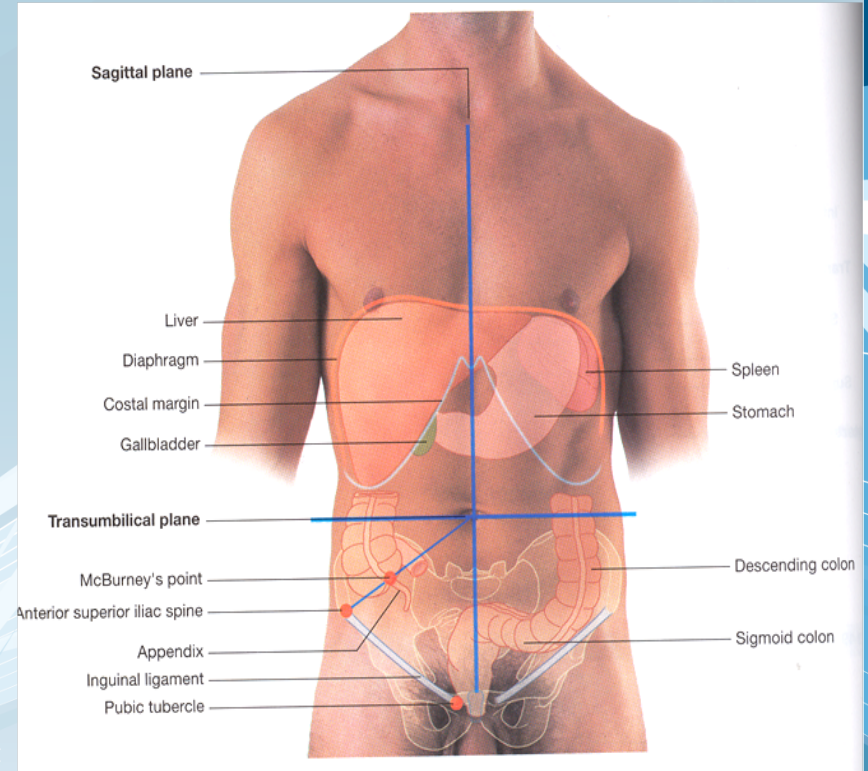
- ★ Liver: right lobe
- ★ Gallbladder – Murphy's sign
- ★ Stomach: pylorus
- ★ Duodenum: parts 1-3
- ★ Pancreas: head
- ★ Right suprarenal gland
- ★ Right kidney
- ★ Right colic (hepatic) flexure
- ★ Ascending colon: superior part
- ★ Transverse colon: right half



# Abdominal Physical Exam

## Palpation - Right Lower Quadrant

- ★ Cecum
- ★ Vermiform appendix
  - ★ McBurney's point
  - ★ Rovsing's sign
  - ★ Psoas sign
  - ★ Obturator sign
- ★ Most of ileum
- ★ Ascending colon: inferior part
- ★ Right ovary
- ★ Right uterine tube
- ★ Right spermatic cord
- ★ Uterus (if enlarged)
- ★ Urinary bladder (if full)

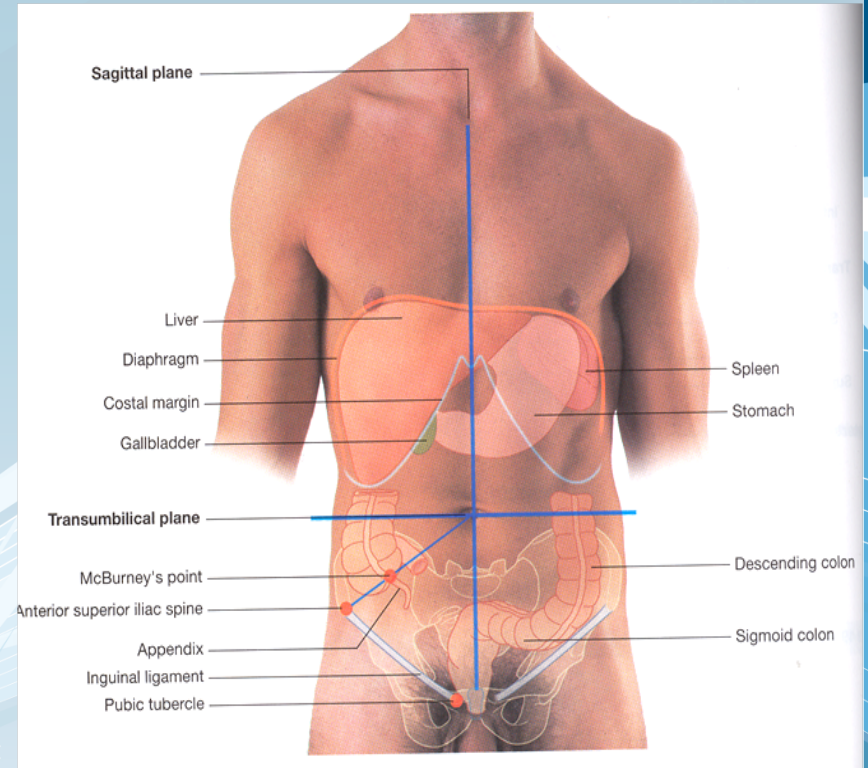




# Abdominal Physical Exam

## Palpation - Right Lower Quadrant

- ★ Cecum
- ★ **Vermiform appendix**
  - ★ **McBurney's Point**
  - ★ **Rovsing's sign**
  - ★ **Psoas sign**
  - ★ **Obturator sign**
- ★ Most of ileum
- ★ Ascending colon: inferior part
- ★ **Right ovary**
- ★ Right uterine tube
- ★ Right spermatic cord
- ★ **Uterus (if enlarged)**
- ★ **Urinary bladder (if full)**





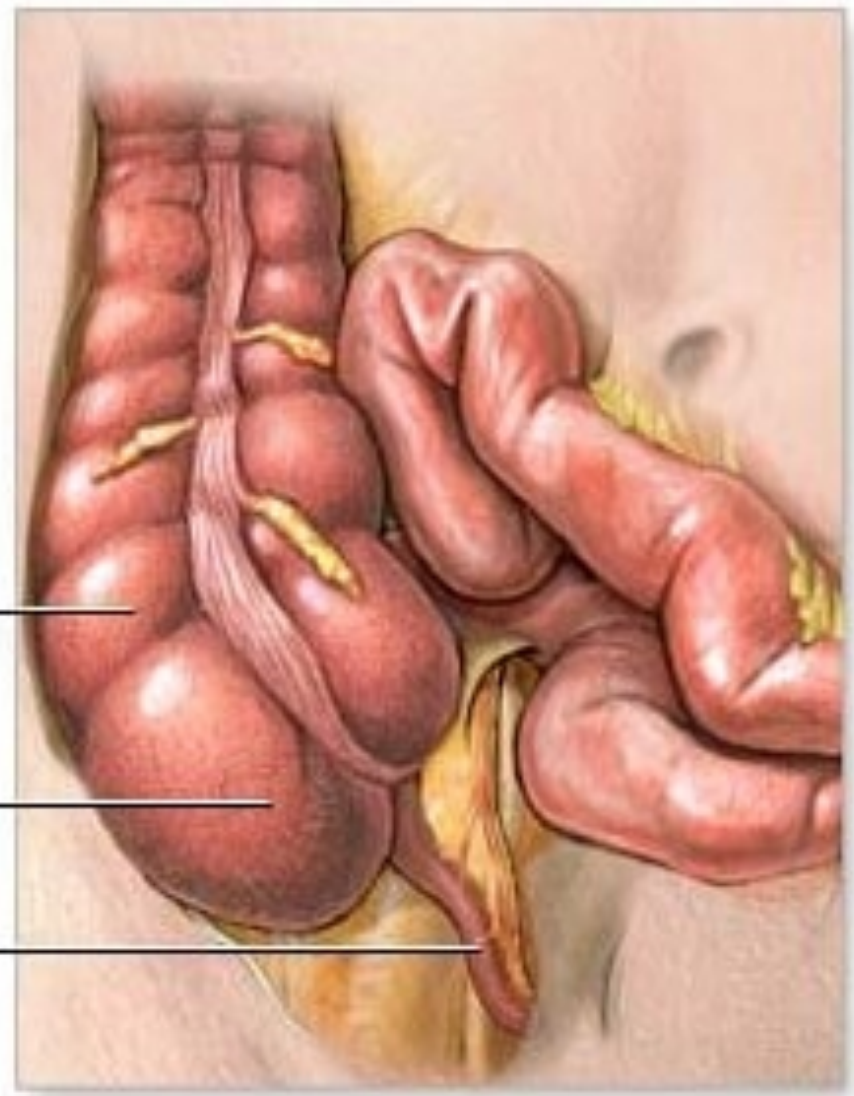
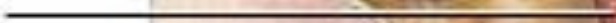
Large  
intestine



Cecum



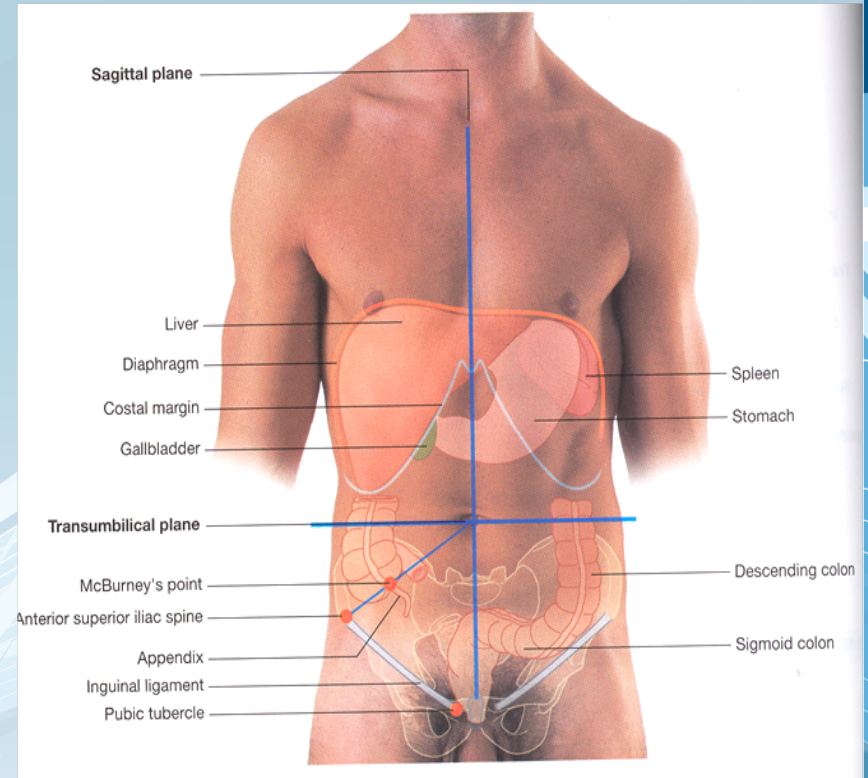
Appendix



# Abdominal Physical Exam

## Palpation - Left Lower Quadrant

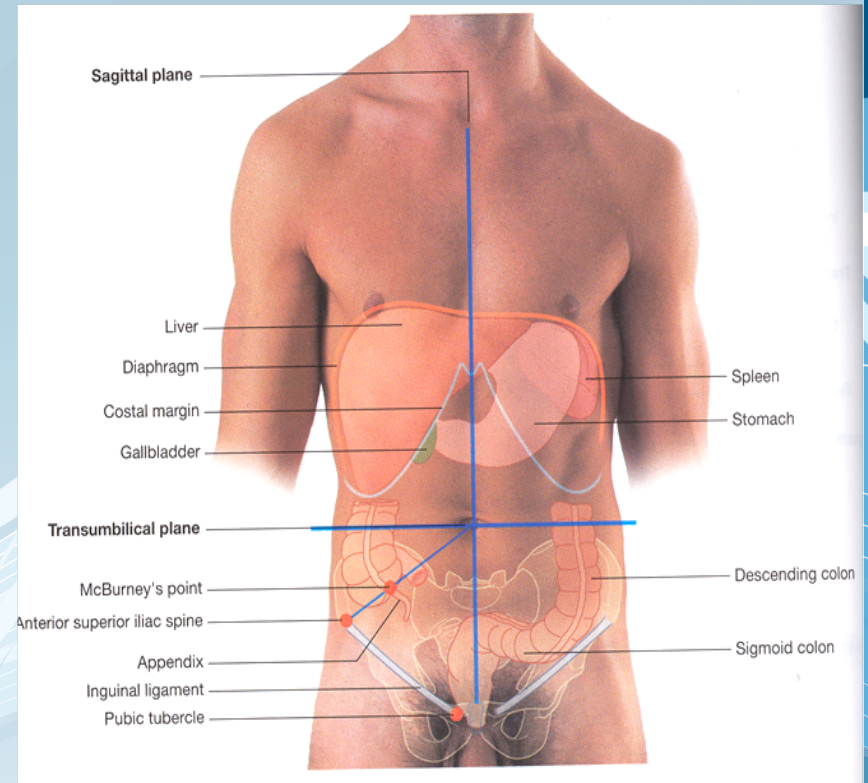
- ★ Sigmoid colon
- ★ Descending colon: inferior part
- ★ Left ovary
- ★ Left uterine tube
- ★ Left ureter: abdominal part
- ★ Left spermatic cord: abdominal part
- ★ Uterus (if enlarged)
- ★ Urinary bladder (if full)



# Abdominal Physical Exam

## Palpation - Left Lower Quadrant

- ★ Sigmoid colon
- ★ Descending colon: inferior part
- ★ **Left ovary**
- ★ Left uterine tube
- ★ Left ureter: abdominal part
- ★ Left spermatic cord: abdominal part
- ★ **Uterus (if enlarged)**
- ★ **Urinary bladder (if full)**



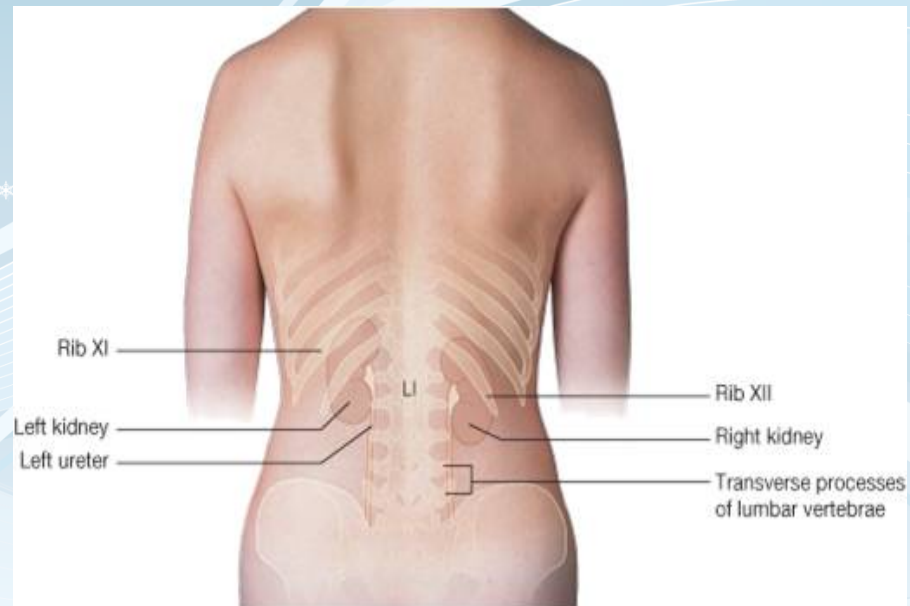
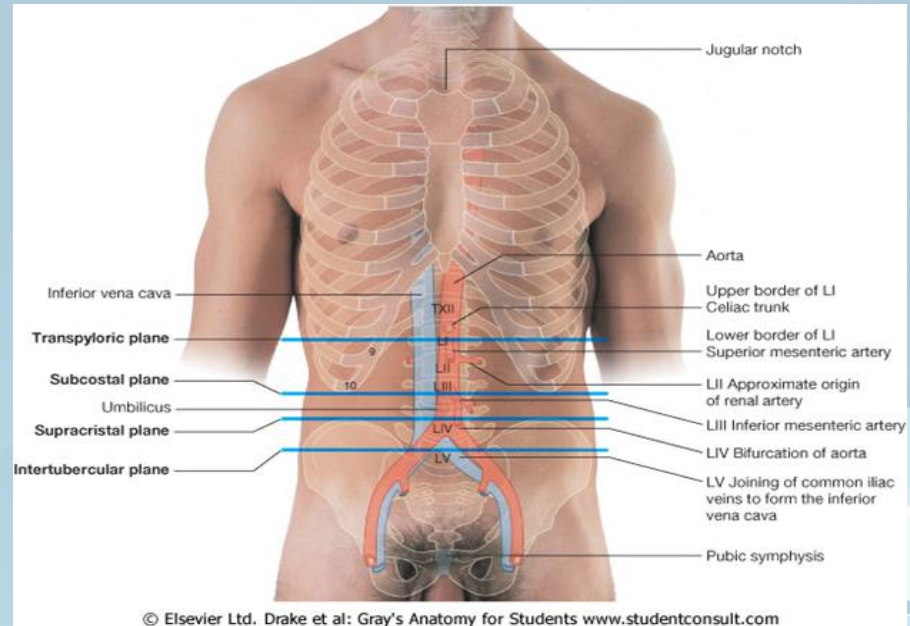
# Extras

★ Abdominal Aorta

★ Inguinal Lymph

Nodes

★ Costovertebral  
angle (CVA)  
tenderness



# Abdominal Physical Exam Practice- 20 Minutes

- Inspection
  - Contour
  - Skin
  - Movement
- Auscultation
  - Bowel sounds
  - Vascular sounds
- Percussion
  - Abdomen for masses or fluid
  - Liver span
  - Spleen
  - Gastric bubble
- Palpate
  - General palpation
  - Liver
  - Gallbladder
  - Spleen
  - R and L kidneys
  - Abdominal aorta
  - Inguinal lymph nodes
- Special:
  - Murphy's sign
  - McBurney's point
  - Rovsing's sign
  - Psoas sign
  - Obturator sign
  - Rebound tenderness
  - CVA tenderness