

Look (Inspect)

- Colour of skin, any bruising, jaundice or redness?
- Scars can indicate risk of damage or binding below
- [Spider Angioma](#) can suggest liver damage
- [Dilated veins](#) can mean cardiac issues (vena cava block)
- [Visible peristalsis](#) isn't normal in larger people
- [Pulsatile masses](#) – think AAA unless patient very slim
- Hernias or local enlargements should be noted
- Distention of abdomen isn't normal, could it be:
 - Fat
 - Farts
 - Faeces (full of!)
 - Fibroids
 - Foetus (pregnancy)
 - False pregnancy
 - Full Tumour
 - Full Bladder
 - Fluid (ascites)

Listen (Auscultate)

- [Normal bowel sounds](#) should be heard every few seconds
- Sounds heard in any quadrant? You can stop the checks...
- ...but listen for up to 2-mins in every quadrant if you DON'T hear any sounds at all
- No movement sounds after 8 mins = blockage = bad
- Tinkling sounds can mean a partial blockage – it's liquid squeezing through a smaller gap
- Aortic bruits if you feel like a challenge (any whooshing sound on heart beat in the upper quadrants)

Tap (Percuss)

- Tympany is quite high pitched and is normal due to big air pockets in the bowel (like a snare drum)
- Resonance sounds like tapping the lungs (hollow) and is normal for the bowel.
- [Dullness is normal for the liver, spleen and any ascites, but NOT normal for the bowel](#) (unless it's a lump of faeces)
- [Find the liver margin](#). Up to 3cm below the ribs is normal. Also check the top margin by percussing the ribs, where does the sound turn dull?
- [Tap the kidneys](#) via the patient's back to check for pain

Feel (Palpate)

- [Lightly palpate](#) 1cm deep to check for pain or guarding
 - Do it in all 9 regions
 - Watch the patient's face for grimacing
- Then deeply palpate 3-5cm to check for organs
 - Any lumps or bumps that shouldn't be there
 - Any large lumps of poo in the large bowel
 - Any pain on palpation
 - [Any pain on rebound](#) (taking hand off)
 - [Can you feel the liver margin on inspiration](#)
 - [Can you feel the spleen on inspiration](#)
 - [Can you palpate the kidneys](#)
 - Can you palpate the bladder
 - *(You generally shouldn't be able to palpate spleen, kidneys or bladder in healthy adults)*
 - [The scratch test](#) can be used to find the liver margin in obese patients

Special Abdominal Tests

- [Murphy's sign](#) – Cholecystitis
- [McBurney's Point check](#) - Appendicitis
- [PSOAS sign](#) - Appendicitis
- [Rosving's sign](#) - Appendicitis

Ninja-Level Gastro Checks

Hands:

- [Flapping tremor](#) when hands held back? (Liver issues)
- [Clubbed nails](#) (cirrhosis/coeliac/IBD) [Spoon-nails](#) (anemia)
- [Palm erythema/redness](#) (liver issues/pregnancy)
- [Dupuytren's contracture](#) (liver issues)

Eyes

- Yellowing/Jaundice (liver issues)
- Eyelid pallor (anemia, bleeding, malabsorption)

Mouth

- White fur/ulcers (iron/B12 deficiency, dehydration)
- Breath smell (acidosis, alcohol, faecal vomit)