

pigmented nail beds. Short, ragged nails are typical of habitual biting. Uncut, dirty nails are a sign of poor hygiene.

The palm normally shows three flexion creases ([Fig. 4-14, A](#)). In some conditions such as Down syndrome, the two distal horizontal creases may be fused to form a single horizontal crease (the single palmar crease, or transpalmar crease) (see [Fig. 4-14, B](#)). If grossly abnormal lines or folds are observed, sketch a picture to describe them and refer the finding to a specialist for further investigation.

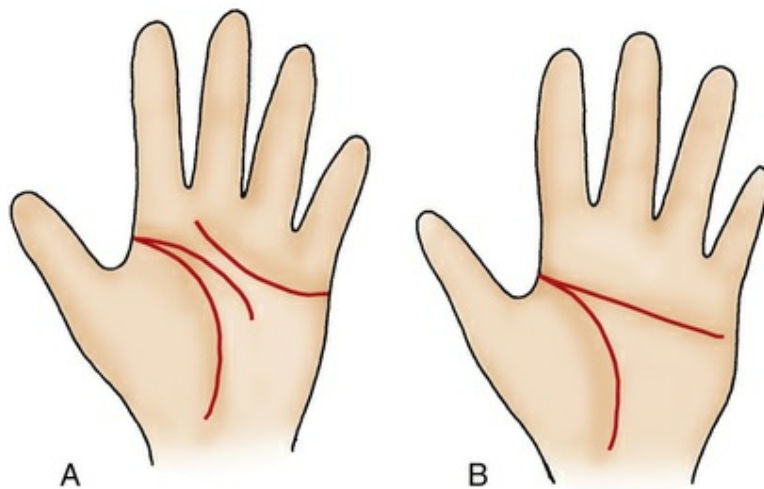


FIG 4-14 Examples of flexion creases on palm. **A**, Normal. **B**, Transpalmar crease.

Lymph Nodes

Lymph nodes are usually assessed during examination of the part of the body in which they are located. The body's lymphatic drainage system is extensive. [Fig. 4-15](#) shows the usual sites for palpating accessible lymph nodes.