

Abdominal Pain

Pain at Abdomen

Characteristic of Pain

Colicky Pain

Strong **Peristalsis** of **hollow visceral organ** ->

- Small Intestine, Large Intestine, and Ureter -> **intermittant pain**
- Biliary System -> **ever increasing pain**

Burning Pain

Chemical trigger -> assoc **Stomach** -- **Peptic Ulcer** -> **Peptic Perforation**

Possibly **Neuropathic Pain**

Dull Pain

- Pain from **Visceral Organs** -- **EXCEPT Peritoneum**
- **Biliary Obstruction**

Sharp Pain

aka. electrical pain, pin and needle sensation; mostly **Neuropathic Pain**

Throbbing Pain

Assoc Pulse; found in **Aortic Dissection**

Persistent / Catastrophic Pain

Indicate severe pathology -- Peritonitis, Intestinal Infarction, Aortic Dissection, etc.

Pathogenesis

- **Tension or Stretching** <- Abdominal Distention, Intestinal Obstruction, Acute hepatitis, etc.
- **Spasm** -- assoc **Colicky Pain** <- Gallstone, Diarrhoea, etc.
- **Inflammation and irritation** <- Peptic Ulcer, Gastritis, Bacterial Infection in GI, etc.
- **Ischaemia**
- **Tumors** -> infiltration

Diagnosis

Evaluation

- **Location**
- **Duration**
 - Acute -> **More severe inflammation and obstruction**
 - Appendicitis, Cholecystitis, Pancreatitis, etc.
 - Intestinal Obstruction, Ureteric Stone, etc.
 - DDx in female -> Ectopic Pregnancy, ruptured Ovarian Cyst, Pelvic Inflammatory Disease, etc.
 - Chronic -> **less severe inflammation and obstruction, chronic pathology, tumor**
- **Onset**
 - Sudden -> **perforation, obstruction, ruptures**
 - Slow -> **inflammation and tumors**
- **Characteristic of Pain**
- **Association factors**
 - **Meal**
 - * Better pc -> **Duodenal Ulcer**
 - * Worsen pc -> **Gastric Ulcer**
 - * Worsen c fatty food -> Biliary System
 - **Defaecation** -> better -> **Irritable Bowel Syndrome**
 - **Posture** -> (bend forward -> better) + (move or inhale -> worsen) -> **Acute Pancreatitis**
 - Menstruation, etc.
- **Others symptoms**
 - **Severe Nausea & Vomiting** -> **Upper GI tract**
 - Mild -> normal bco Sympathetic NS

- **Diarrhoea**
 - * **Watery** -> **Small Intestine**
 - * **Bloody c mucus** -> **Large Intestine**
- **Fever** -> **infection** or **inflammation**
- Ascites vs ileus / Intestinal Obstruction
 - Dx c : Flatulence
- Others history

PEs

- **Vital signs**
 - **High HR, RR** and **low BP** <- **Peritonitis**
 - Shock <- Internal Bleeding, etc.
- **Posture**
 - Low movement, fetal position <- Peritonitis; bend forward -> **Acute Pancreatitis**
 - **Pale + low BP** <- **Internal Bleeding** <- **ruptures** (Hepatoma, Hepatic Adenoma, Ectopic Pregnancy, etc.)
 - **Jaundice** <- **Biliary Obstruction**

Abdominal Examination

Look for these :

- **Scars from surgery** -- possibly complications
 - Adhesion Band -> Intestinal Obstruction; Incisional Hernia, etc.
- **Intestinal Herniation**
- Signs of **infection** or **inflammation**
- **Abdominal Distention**
- **Bowel Sound**
- **Bruit** <- mass
- **Splashing sound** <- **Gastric Outlet Obstruction**
- **Palpation** -- look for tenderness, guarding, and rigidity -> Peritonitis
 - DO NOT do deep palpation unless necs
 - Bimanual palpation -> mass at Retroperitoneum
 - Palpation for Lymph Node -> tumor spreading

Anal Examination

In **acute abdominal pain**; look for these

- **Perianal skin** -> signs of **infections, inflammation**, and ****Haemorrhoid****
- **Wall of rectum** -> Peritonitis if painful; mass; Rectal Shelf in female; etc.
- **Faeces** -- obstruction, blood, etc.

PV Examination

Necs in **female c pain at pelvic region**