

Right Hypochondriac <table><tr><td>X</td><td>X</td><td>X</td></tr><tr><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td></tr></table>	X	X	X							Liver Gallbladder Small intestine Ascending Colon Transverse Colon Spleen Right Kidney
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Epigastrium <table><tr><td></td><td>X</td><td></td></tr><tr><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td></tr></table>		X								Oesophagus Stomach Liver Pancreas Small intestine Transverse colon Right and left kidneys and ureters Spleen
	X									
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Hypogastric <table><tr><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td></tr><tr><td></td><td>X</td><td></td></tr></table>								X		Small intestine Sigmoid colon Rectum uterus Right and left ovaries and fallopian tubes Right and left ureters Bladder Prostate
	X									
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X	X	X								
		X								

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 tongues
- 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



