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| Right Hypochondriac   |  |  |  | | --- | --- | --- | | **X** | **X** | **X** | |  |  |  | |  |  |  | | Liver Gallbladder Small intestine Ascending Colon  Transverse Colon Spleen Right Kidney   |  | | --- | | **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 tongue * 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 | |
| Epigastrium   |  |  |  | | --- | --- | --- | | **X** | **X** | **X** | |  |  |  | |  |  |  | | Oesophagus  Stomach  Liver  Pancreas  Small intestine  Transverse colon  Right and left kidneys and ureters  Spleen |
| Left Hypochondriac   |  |  |  | | --- | --- | --- | | **X** | **X** | **X** | |  |  |  | |  |  |  | | Stomach  Liver (tip)  Pancreas (tail)  Small intestine  Transverse colon  Descending colon  Left kidney  Spleen |
| Right Lumbar   |  |  |  | | --- | --- | --- | | **X** |  | **X** | | **X** |  |  | |  |  |  | | Liver (tip)  Gallbladder  Small intestine  Ascending colon  Right kidney |
| Umbilical   |  |  |  | | --- | --- | --- | | **X** | **X** | **X** | |  | **X** |  | |  |  |  | | Stomach  Pancreas  Small intestine  Transverse colon  Right and left kidneys and ureters |
| Left Lumbar   |  |  |  | | --- | --- | --- | | **X** | **X** | **X** | |  |  | **X** | |  |  |  | | Small intestine Descending colon Left kidney tip |
| Right iliac   |  |  |  | | --- | --- | --- | |  | **X** | **X** | |  |  |  | | **X** |  |  | | Small intestine Appendix  Cecum  Ascending colon  Right ovary and fallopian tube |
| Hypogastric   |  |  |  | | --- | --- | --- | | **X** | **X** | **X** | |  |  |  | |  | **X** |  | | Small intestine  Sigmoid colon  Rectum  uterus  Right and left ovaries and fallopian tubes  Right and left ureters  Bladder  Prostate |
| Left iliac   |  |  |  | | --- | --- | --- | | **X** | **X** | **X** | |  |  |  | |  |  | **X** | | Small intestine  Descending colon  Sigmoid colon  Right and left ovaries  Left fallopian tube |