



Abdominal Physical Examination Checklist

Opening the Examination (Score: 1/10)

1. **Introduction:** Introduce yourself and your role.
2. **Consent:** Explain the purpose of the examination and obtain consent.
3. **Positioning & Privacy & Lightning:** Ensure the patient is comfortably positioned, lying supine with their abdomen exposed. (1P)

Inspection (Score: 2/10)

5. **General Appearance:** Observe the patient's general appearance and any signs of distress.
6. **Abdominal Contour:** Inspect the shape and contour of the abdomen.
7. **Skin Changes:** Look for any skin changes, scars, rashes, or striae.
8. **Visible Pulsations or Peristalsis:** Note any visible pulsations or peristalsis.

Palpation (Score: 4/10)

9. **Light Palpation:** Perform light palpation in all four quadrants to assess for tenderness, guarding, or masses. (1P)
10. **Deep Palpation:** Perform deep palpation to further evaluate for masses or organomegaly. (1P)
11. **Liver Palpation (Liver span):** Palpate the liver edge.
12. **Spleen Palpation:** Palpate for splenic enlargement. (Ride side maneuver)
13. **Kidney Palpation (Ballottement & Bimanual):** Palpate for kidney enlargement or tenderness.
14. **Aortic Palpation:** Palpate the aorta to assess for aneurysm.

Auscultation (Score: 1/10)

15. **Bowel Sounds:** Listen for bowel sounds in all four quadrants.
16. **Vascular Sounds:** Auscultate for bruits over the aorta, renal arteries, iliac arteries, and femoral arteries.

Special Tests (Score: 1/10) (17 & 18 are mandatory while the others are extra)

17. **Shifting Dullness:** Assess for shifting dullness to evaluate for ascites.
18. **Transmitted Thrill:** Asses for transmitted waves to evaluate for SEVERE ascites.

EXTRA:

19. **Rebound Tenderness:** Assess for rebound tenderness to evaluate for peritonitis.
20. **Murphy's Sign:** Check for Murphy's sign to assess for cholecystitis.
21. **Rovsing's Sign:** Evaluate for Rovsing's sign to assess for appendicitis.
22. **Psoas Sign:** Test for psoas sign to evaluate for appendicitis.
23. **Obturator Sign:** Test for obturator sign to evaluate for appendicitis.

Closing the Examination (Score: 1/10)

26. **DON'T FORGET DRE, FEMORAL ORIFICES, INGUINAL LYMPHNODES**
27. **Thank You:** Thank the patient for their time and cooperation.