Summary of Skills – Abdominal Exam

☐ Wash hands
☐ Gown and drape appropriately – allowing full exposure
☐ Exam done from right-hand side of the patient’s body

Observe & inspect abdomen
☐ Shape, scars, color, symmetry, unusual protrusions

Auscultation
☐ Listen w/diaphragm to 4 quadrants – 15 seconds each area
☐ Note quantify and quality of bowel sounds
☐ Listen for bruits centrally & over renal arteries

Percussion
☐ Percuss all quadrants
☐ Percuss liver span
☐ Percuss area of spleen, stomach

Palpation
☐ Palpate all quadrants superficially
☐ Palpate all quadrants deeply – think about what “lives” in each area
☐ Try to identify liver edge (w/inspiration)
☐ Palpate region of spleen
☐ Palpate area of aorta

☐. Wash hands

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