Abdomen & Peripheral Vascular System

Abdomen

- Anatomy
  - Diaphragm to pelvis
  - Abdominal muscles
  - Internal Organs
- Descriptive schemes
  - Four quadrants
  - Nine regions

History

- Appetite
- Dysphagia
- Abdominal Pain
- Nausea/Vomiting
- Bowel Habits
- Abdominal pain
- Nausea/Vomiting
- Bowel Habits

History

- Past abdominal history
- Medications
- Nutritional assessment
- Personal habits
  - Exercise, Smoking, Cigarettes

Abdominal Exam

- Inspection
- Auscultation
  - Arteries
  - Bowel Sounds
- Percussion
- Palpation
  - Light: tenderness
  - Deep: masses
  - Special: organs
Physical Exam

• Inspection
  – General shape
  – Scars
  – Veins
  – Hernias

• Common findings
  – Umbilical, ventral hernia
  – Piercings
  – Striae
  – Scars

Striae

Auscultation

Abdomen

• Percussion
  – Liver size
  – CVA tenderness

• Palpation
  – Light
  – Deep
  – Special
    • Liver
    • Spleen
    • Kidney
Pain Tests

- Rebound Tenderness
- Inspiratory arrest (Murphy's sign)
- Iliopsoas
- Obturator

Rectum

- Inspection
  - Lesions
  - Rashes
  - Hemorrhoids
- Palpation
  - Digital rectal exam
  - Prostate if male
  - Sweep
  - Fecal occult blood
- No auscultation or percussion

Aging Adults

- Middle age – fat distribution
- Elderly
  - Decreased saliva
  - Esophageal emptying
  - Gastric acid decrease
  - Gallstones increase
  - Liver size and function decrease
  - Constipation

Pathological Findings

- Ascites
- Caput medusa
- Hepatomegaly
- Splenomegaly
- Ventral hernia
- Pain
  - Iliopsoas
  - Obturator

Portal Hypertension (Cirrhosis)

- Ascites
- Renal Insufficiency
- Encephalopathy
- Esophageal varices
- Caput Medusa
- Hemorrhage
- Leukopenia, thrombocytopenia, anemia
- Testicular atrophy, gynecomastia