

GIT EXAMINATION

(14)

Examination of Mouth & Oral cavity.

1. Lips : see for repaired cleft lip, cracks or fissure, vesicles, cyst
2. Gums : look for gingivostomatitis, swelling, bleeding, hypertrophy.
3. Teeth : look for dental caries, stains, tartar.
4. Tongue : look for deviation, size, tremor, colour, moistness, papillae, leukoplakia.
5. Buccal mucosa :
6. Palate, fauces, tonsils, pharynx.
Look for erythema, vesicles, swelling, perforations.
7. Breath : look for characteristic odour

Examination of Abdomen.

Inspection.

Patient lying flat on his back as a firm couch mattress with arms by side.

Abdomen including groin & external genitalia upto mid thigh fully opened.

• Shape

Normal: Flat / slightly depressed.

Scaphoid: Malnutrition, malignancy

Fullness: Whether generalized / localized / fullness in flanks.

2. Umbilicus

Normal: slightly retracted or everted

Look for eversion / hernia

3. Movement of abdominal wall

with respiration, look for visible peristalsis & pulsation.

4. Skin & Surface of Abdomen.

Pigmentation of abdominal wall; localised bulging & retraction. Dilated veins - position, direction of flow.

Palpation.

Tenderness / temperature / doughy feel / rigidity / guarding start in left iliac region palpating lightly. Work anticlockwise to end in the suprapubic region.

1. Liver

Start from right iliac fossa and ascend upwards to right costal margin in order not to miss a massive liver. Place the right hand below & parallel to the costal margin. Ask the patient to breathe in deeply & at the height of inspiration press the fingers finely inwards and upwards. If the liver is palpable it will be felt as a sharp regular border which rides beneath the fingers.

• Size and Span.

→ consistency = soft (normal)
firm (infection - typhoid, dengue, hepatitis).
hard.

→ border = soft and rounded border.
Firm and leafy (cirrhosis)

→ Surface = Irregular (cirrhosis).
Regular.

2. Spleen.

Start palpating from right iliac fossa & move up to the left costal margin. With each inspiration, look for splenic enlargement. If not felt, move

upwards on each occasion. If not palpable in supine position ask the patient to lie on his right lateral side, ask him to relax backwards and the examiner's left hand which is now supporting the left lower ribs & repeat the examination.

- size
- surface
- consistency
- splenic notch
- distance from left costal margin
- tenderness

3. Kidney.

Right hand placed anteriorly over the lumbar region and left hand placed posteriorly on the loin. Push forward with the left hand, ask the patient to take deep breaths and press the right hand upwards and inwards.

4. Urinary Bladder.

Felt as a suprapubic bulge when the bladder is full.

Percussion.

1. Liver

Start from 2nd right ICS Dull note at 5th right intercostal space in the midclavicular line at

7th right intercostal space in the midaxillary line & 9th right intercostal space in the scapular line is the normal upper border the dullness extended to the lower border at just below the right subcostal margin

2. Spleen.

Traube's Space: Superior border formed by horizontal line extending laterally from the apex, laterally by the left midaxillary line, inferiorly by the left costal margin & medially by the lower border of the liver.

3. Ascites.

Ⓐ Puddle's sign: minimal fluid

Patient lies in prone position for 5 minutes after which the patient goes in knee elbow position so that the middle portion of the abdomen is dependent. Then percussion performed.

Ⓑ Shifting dullness

Examiner keeps the pleximeter finger of the left hand vertically oriented in the ~~middle~~ midline pointing upward. The abdomen is then percussed

from the centre to the flanks. Once dullness is obtained, patient is turned to opposite side. Wait for 30 seconds keeping the finger over the dull area. Percuss to elicit resonance. Percuss down toward the midline with patient still in lateral position till you get a dull note.

② Fluid Thrill

One hand of examiner placed over the lumbar region on one side to opposite side is flickered or tapped with the finger of the other hand. A distinct vibration will be felt on the palpating hand.

Auscultation.

1. Bowel sound

Stethoscope to be placed on one site.

2. Bruits.

Aortic: above & to the left of umbilicus.

Renal: either side of midline in mid abdomen.

Common iliac artery: iliac fossa.

Common femoral artery: groin

3 Venous Hum

Heard between umbilicus & right hypochondrium
continuous hum/murmur along a line due
to patent umbilical vein in portal hypertension

4. Hepatic & Spleen Rub

Leathery sound