

Palpate abdomen light then deep

- ask if any pain then starting away from the painful area palpate all 9 sections in turn, observe patients face
- test rebound tenderness
- mcburney's point tenderness (1/3 of the way from anterior superior iliac spine to umbilicus)
=appendicitis
- severe pain, general rigidity, no bowel sounds & no movement on breathing usually is peritonitis
- don't forget women have ovaries

Sections of abdomen & corresponding disease when tender

- R hypochondrium = gall stones, liver disease & pancreatic head Ca
- epigastrium = gastritis, pancreatitis, AAA, gastric Ca & pancreatic body Ca
- L hypochondrium = spleen, pancreatic tail Ca & colon Ca
- R flank = kidney disease or UTI
- umbilical region = AAA or pancreatic body Ca
- L flank = kidney disease or UTI
- R iliac fossa = appendicitis, ovarian disease/Ca & caecal Ca
- hypogastrium = UTI or urinary retention
- L iliac fossa = constipation, diverticular disease, ovarian disease/Ca & colon Ca
- N.B. a mass in R/LIF could be a transplanted kidney (check for scars)

