ABDOMEN (Put patient in supine position)

A. Inspection
   1. Has patient flex knees.
   2. Drapes patient smoothly (with area from xiphoid to symphysis pubis exposed).
   3. Positions patient with arms at side or across chest.
   4. Inspects abdomen with tangential light (skin, contour, peristalsis, pulsations, dilated vessels, umbilicus).

B. Auscultation
   1. Auscultates for bowel sounds - with diaphragm
   2. Auscultates for bruits - with bell
      a. Aorta (above and below renal arteries)
      b. Common iliacs (R and L)

C. Percussion
   1. Percusses liver span at MCL
   2. Marks and measure span
   3. Percusses spleen in 9th ICS, AAL at rest and in deep inspiration

D. Palpation
   1. Light palpation
      a. Utilizes proper technique
      b. Utilizes proper sequence
         1) Begins light palpation in RLQ and examines entire abdomen in logical sequence with sufficient overlap

   2. Deep palpation
      a. Utilizes proper technique
         1) Places hand (contact hand) on patient's abdomen as per light palpation. Places the finger pads of other hand (top hand) over the DIP joints of contact hand. Pressure to achieve depth in deep palpation is applied to contact hand by top hand.
         2) Palpates slowly and gently with palpating hand in continual contact with abdominal wall.
         3) Gradually increases the depth of the palpating hand at each position until the surface of abdominal viscera are adequately palpated in each abdominal area.
      b. Utilizes proper sequence
         1) Begins deep palpation in RLQ and examines entire abdomen in logical sequence.
3. Palpates liver (bimanually)
   a. Utilizes proper position
      1) Examiner's left hand, posterior, under right lower thorax (8th, 9th, 10th, 11th ribs), lifts posterior thorax and liver upward towards palpating hand.
      2) Examiner's right hand anterior, fingerpads, flexor surface of fingers, palm, fingers adducted, contacts abdominal wall. Begins examination below level of iliac crest, in MCL, with fingers pointing towards right shoulder.
   b. Utilizes proper technique
      1) Utilizes expiration to relax diaphragm and abdominal musculature, follows descent of abdominal wall, holds depth of palpation position through inspiration and palpates for liver descent.
      2) Repeats this palpation technique at each position, inching from iliac crest to under costal margin or to a position where the liver edge is palpated.

4. Palpates spleen (bimanually)
   a. Utilizes proper position
      1) Positions patient in right lateral decubitus with knees and hips flexed.
      2) Examiner's left hand, posterior, under left lower thorax, lifts the posterior thorax and spleen towards the right palpating hand.
      3) Examiner's right hand, anterior, fingerpads, flexor surface of fingers, palm, fingers adducted, contacts abdominal wall.