

## Gastrointestinal Physical Exam Checklist

Learnpediatrics.com – written by Dr. R. Acedillo, modified by Dr. E. Statham

EXAMINATION	OSCE ITEMS	
General Inspection	<ul style="list-style-type: none"> <li><input type="checkbox"/> Growth parameters (HC, L, Wt, BMI)</li> <li><input type="checkbox"/> Well/Unwell</li> <li><input type="checkbox"/> Mental Status</li> <li><input type="checkbox"/> Posture (writhing vs. minimal movement)</li> <li><input type="checkbox"/> Colour (icterus, jaundice, pale)</li> <li><input type="checkbox"/> Nutritional status</li> <li><input type="checkbox"/> Peripheral edema</li> <li><input type="checkbox"/> Rashes (eg. Dermatitis Herpetiformis)</li> </ul>	<p><b>Extra-intestinal Manifestations of IBD:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Aphthous Ulcers</li> <li><input type="checkbox"/> Uveitis</li> <li><input type="checkbox"/> Arthritis</li> <li><input type="checkbox"/> Clubbing</li> <li><input type="checkbox"/> Rashes</li> </ul> <p><b>Stigmata of Chronic Liver Disease:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Muscle wasting</li> <li><input type="checkbox"/> Palmar erythema</li> <li><input type="checkbox"/> Leukonychia</li> <li><input type="checkbox"/> Asterixis</li> <li><input type="checkbox"/> Strawberry angiomas</li> <li><input type="checkbox"/> Caput medusae</li> <li><input type="checkbox"/> Gynecomastia</li> <li><input type="checkbox"/> Jaundice</li> <li><input type="checkbox"/> Edema</li> <li><input type="checkbox"/> Parotid enlargement</li> </ul>
Inspection	<p><b>Abdominal</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <u>Abdominal contours</u> (scaphoid, bulging flanks, protuberant, etc)</li> <li><input type="checkbox"/> <u>Peristaltic waves</u> (eg in. Pyloric Stenosis)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <u>Scars</u> (surgical – risk for Bowel obstruction)</li> <li><input type="checkbox"/> <u>Skin abnormalities</u> (abdominal wall veins, hemangiomas)</li> <li><input type="checkbox"/> <u>Protrusions</u> (umbilical hernia, diastasis recti)</li> </ul>
Auscultation	<p><b>A. Bowel Sounds</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <u>Sounds</u> (Presence vs absence)</li> <li><input type="checkbox"/> <u>Quality</u> (Frequency and Pitch [high?])</li> </ul>	<p><b>B. Vascular</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <u>Bruits</u> (aorta, iliac, femoral, renal)</li> <li><input type="checkbox"/> <u>Bruits/venous hums</u> around palpable liver mass (if applicable)</li> </ul>
Percussion	<p><b>General:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Presence of tenderness</li> </ul> <p><b>Specific:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hepatomegaly</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Splenomegaly (Traube's space - below left 6<sup>th</sup> rib, above costal margin, medial to axillary line)</li> <li><input type="checkbox"/> Ascites <ul style="list-style-type: none"> <li>o Shifting dullness</li> <li>o Fluid wave</li> </ul> </li> </ul>
Palpation	<p><b>A. General Palpation</b></p> <p><u>Superficial Palpation</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Tenderness (peritoneal irritation, somatic or visceral pain).</li> <li><input type="checkbox"/> Guarding (voluntary vs involuntary)</li> </ul> <p><u>Deep Palpation</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Rebound tenderness (peritonitis)</li> <li><input type="checkbox"/> McBurny point tenderness (appendicitis)</li> <li><input type="checkbox"/> Murphy's sign for cholecystitis</li> </ul> <p><b>Organomegaly:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hepatomegaly (liver span, liver edge consistency – boggy or fibrotic)</li> <li><input type="checkbox"/> Splenomegaly</li> <li><input type="checkbox"/> Enlarged kidneys (hydronephrosis or renal or adrenal masses)</li> </ul>	<p><b>Special tests for Appendicitis</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <u>Rovsing's sign</u> (pressure wave)</li> <li><input type="checkbox"/> <u>Obturator sign</u> (pain on hip int. rotation)</li> <li><input type="checkbox"/> <u>Psoas sign</u> (pain on hip flexion hip)</li> </ul> <p><b>Sitting up:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Assess for CVA tenderness</li> </ul> <p><b>Groin:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Femoral hernia</li> <li><input type="checkbox"/> Inguinal hernias</li> <li><input type="checkbox"/> Inguinal lymphadenopathy</li> <li><input type="checkbox"/> Testicular mass or torsion</li> <li><input type="checkbox"/> Anus – Imperforate, malpositioned, evidence of abuse</li> </ul>