

Name:

Date:

Instructor:

**UMMSM Essential Physical Examination  
ABDOMINAL EXAM  
Level ONE Benchmarks**

**Instructor instructions:** Please instruct the student to perform these selected portions of the essential physical exam. Please check the appropriate box ("P" or "R") for each step of the exam. Certification requires correctly performing all aspects of the highlighted maneuvers.

"P" = skill performed **properly and completely**

"R" = needs **remediation or has improper technique**

**No check means the skill was not performed**

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Professionalism	Comments (Refer to Item #)	P	R
1. Washes hands before encounter <i>Instructor: Please prompt student to wash hands <u>prior</u> to beginning competency testing, if not initiated by student</i>			
<b>Pt supine with HOB flat, Examiner on right</b>			
<b>Abdomen</b>			
2. Pt properly positioned & draped <i>Instructor: Pt lying supine; HOB flat; leg rest extended; pt draped exposing abdomen from xiphoid process to midway between iliac crests &amp; symphysis pubis; examined from right side of bed. If done incorrectly, student should be corrected <u>PRIOR</u> to proceeding</i>			
3. Inspects abdomen <i>Instructor: Student should inspect abdomen: skin, umbilicus, contour, symmetry, presence of masses or pulsations</i>			
4. Auscultates abdomen <i>Instructor: Student should auscultate in all 4 quadrants <u>PRIOR</u> to percussion or palpation</i>			
5. Percusses abdomen <i>Instructor: Student should lightly percuss tapping over middle finger in all 4 quadrants</i>			
6. Palpates abdomen <i>Instructor: Student should palpate all 4 quadrants using a dipping or circular motion; one hand guides while the other palpates; patient's legs may be flexed for abdominal wall relaxation, if necessary</i>			
8. Percusses lower liver border <i>Instructor: Starting at level below umbilicus at mid clavicular line, student should percuss upwards toward lower liver border; location of lower border should be assessed <u>PRIOR</u> to palpation</i>			
7. Palpates liver <i>Instructor: Student should place left hand behind patient (supporting the patient's right 12th rib); right hand is placed on patient's right abdomen lateral to rectus muscle; patient is asked to take deep breath as student presses inward &amp; upward with right hand</i>			
9. Palpates spleen <i>Instructor: Using left hand, student should reach over patient &amp; press forward adjacent soft tissue; right hand is placed below left lateral costal margin at mid axillary line; patient is asked to take deep breath as student presses inward &amp; upward with right hand</i>			
10. Palpates inguinal lymph nodes <i>Instructor: Student should at least indicate location where nodes should be palpated</i>			
11. Palpates femoral arteries <i>Instructor: Student should at least indicate that femoral pulse would be felt below inguinal ligament</i>			

**General comments / overall impressions of this student's performance.**