

## Paediatric Abdominal Exam

DO FULL ABDOMINAL EXAM AS USUAL BUT BELOW ARE SOME EXTRA THINGS YOU MAY LOOK OUT FOR

### General

- Dysmorphism
- Colour (**pallor, mottling**)
- Alertness and interest with surroundings
- Nutritional status

### Hydration status

1. Wet nappies
2. Mucous membranes
3. Skin turgor
4. Capillary refill
5. Heart rate

### Points

- Look for gray turners and cullens signs
- Liver can be up to 2cm below costal margin in children
- Constipation is felt in umbilical region and LIF

### To complete

- Vital signs
- Growth charts
- ENT

NORMAL	<1 year	1-2 years	2-5 years	5-12 years	>12 years
Resp rate	30-40	25-35	25-30	20-25	15-20
Heart rate	110-160	100-150	95-140	80-120	60-100