

Preparation:

W	Wash Hands
I	Introduce Yourself + Patient's Identity
P	Permission
P	Patient Position + Pain
E	Explanation

Basic Patient Information:

Name
Age
Date of Birth
Gender
Date Seen

Presenting Complaint:

Anorexia and Weightloss	
Dysphagia	
Nausea and Vomiting	
Wind and Flatulence	
Abdominal Distension	
Pain:	Painful mouth
	Heartburn and Reflux
	Dyspepsia
	Odynophagia
	Abdominal Pain

Abdominal Pain:

Visceral Pain:	Poorly localised
	Distension, muscle spasm, inflammation, anoxia, stretch of mesentry
	Foregut visceral pain - Epigastrium
	Midgut visceral pain - Periumbilical
	Hindgut visceral pain - Hypogastrum

Abdominal Pain: (cont)

Somatic Pain: Well localised

Cutting, pressure, temperature, inflammation

Character:

- **Colicky** > Smooth muscle contraction of the wall of a hollow organ (bowel) > Sinusoidal (in time) and migrating (in site)
- **Constant Dull Ache** > Organ with fibrous capsule (liver)
- **Burning** > Inflammation (Oesophagus/urethra)
- **Distention/fullness/bursting**
- **Constricting/tightness** > Cardiac
- **Throbbing** > Increasing with each systole (headache)
- **Stabbing** > Sharp (Pleuritic pain or acute peritonitis)

Exacerbating Factors:

Movement:	Inflammation of the parietal peritoneum
Food:	Gastric
Increased acidity/fasting:	Duodenal
Exercise:	Muscular
Stretch/Deep Inspiration:	Pleuritic

Relieving Factors:

Evacuation of Contents:	Smooth Muscle Distention
	e.g. Gastric pain relieved by vomiting
	Rectal pain relieved by defecation
Movement/Application of Heat:	Smooth Muscle Spasm
Sitting Forward:	Pancreatic Pain or Pericarditis



Associated Symptoms:

- Upper GI:**
- Dysphagia
 - Regurgitation
 - Vomiting
 - Haematemesis (Vomiting Food)
 - Fatty Food
 - Intolerance
 - Flatulence
- Lower GI:**
- Constipation
 - Distension
 - Diarrhoea
 - Blood/mucus per rectum
 - Tenesmus (A feeling of incomplete evacuation of the bowel)
 - Perianal Discomfort

- General:**
- Anorexia
 - Weight Loss
 - Symptoms of Anaemia

Altered Bowel Habit:

- Diarrhoea (Ask frequency and consistency)
- Constipation

Bleeding:

- Haematemesis (ask about volume)
- Melaena (black, sticky, tarry, stool)
- Rectal Bleeding (colour, volume, mixed in stool or not?)

Common Disorders:

- Upper GIT:**
- Oesophagitis
 - Gastroduodenitis
 - Biliary Colic
 - Acute Cholecystitis
 - Acute Pancreatitis (Epigastric Pain)
- Lower GIT:**
- Acute Appendicitis
 - IBD (RIF Pain - terminal ileitis)
 - Colonic or rectal carcinoma (Altered bowel habit or intestinal obstruction)
- Hepatobiliary:**
- Pre-hepatic, hepatic, and post-hepatic causes of jaundice

Consider associations with other symptoms:
e.g. Left rib fractures 9-11 associated with splenic injury

Conclusion:

Ideas, Concerns, and Expectations

Thank patient and ensure comfort

