



ALL IN ONE CNS KIT

GASTROINTESTINAL SYSTEM

Name	
Age	
Sex	
Occupation	
Educational qualification	
Address	
Socio - economic status	

Chief complaints

Abdominal Pain

Abdominal distention

Abdominal Lump

Dysphagia

Flatulence

Vomitings / Nausea

Haemetemesis / Diarrhoea / Malena

Jaundice / Fever / Edema / Oliguria / Burning Sensation



H/O Presenting illness

Abdominal pain:

Duration / onset / progress / site / type / episodes / lasting radiation / aggravating factors / relieving factors



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Abdominal Distention:

Duration / onset / progress / associated pain / urine output / pedal edema / puffiness of face / vomiting / aggravating factors / relieving factors

Abdominal Lump:

Duration / onset / progress / site / size / surface / skin over the lump / edges / associated with pain

Dysphagia:

Duration / onset / progress / relation with solids and liquids / aggravating factors / relieving factors

Flatulence:

History of habit of belching / duration / pain / presence of diarrhea / ingestion of certain type of food / history of food allergy / intestinal parasite

Vomiting:

amount, colour, bilious or not, blood stained, food particles, foul smelling

Duration / onset / progress / episodes / associated with nausea / projectile / aggravating factors / relieving factors

Jaundice:

Duration / onset / progress / aggravating factors / relieving factors

Hemetemesis:

Duration / onset / progress / episodes / timing / colour / aggravating factors / relieving factors

Diarrhea:

Amount, colour, blood stained, mucous stained, watery or semisolid, tenesmus, foul smelling, associated with pain

Duration / onset / progress / episodes / timing / aggravating factors / relieving factors

Melaena:

Duration / onset / progress / episodes / associated with straining / sticking to pan

Fever:

Duration / onset / progress / episodes / grade / associated with chills and rigors / associated with night sweats / aggravating factors / relieving factors

Oedema:

Duration / onset / progress / site / type(pitting or non pitting) / aggravating factors / relieving factors

Oliguria:

Duration / onset / progress / daily amount / urine colour / dysuria /hematuria / aggravating factors / relieving factors

Burning Sensation:

Duration / onset / progress / aggravating factors / relieving factors

Past History

Similar history in the past

H/O TB / DM / HTN / Jaundice / Bronchial Asthma / Epilepsy

H/O Blood Transfusion

H/O Any Drug Intake

Personal History

Diet

H/O Loss of weight and Loss of Appetite

Bowel and Bladder habits

Sleep Disturbances

Habits-Smoking / Alcohol

H/O Any exposure and travel to Endemic areas



Family History

Similar history in family or in surroundings

Family history of TB / HTN / DM / Bronchial Asthma

Menstrual History

Menarche / LMP

Menstrual cycle(regular or not/associated with pain or not)



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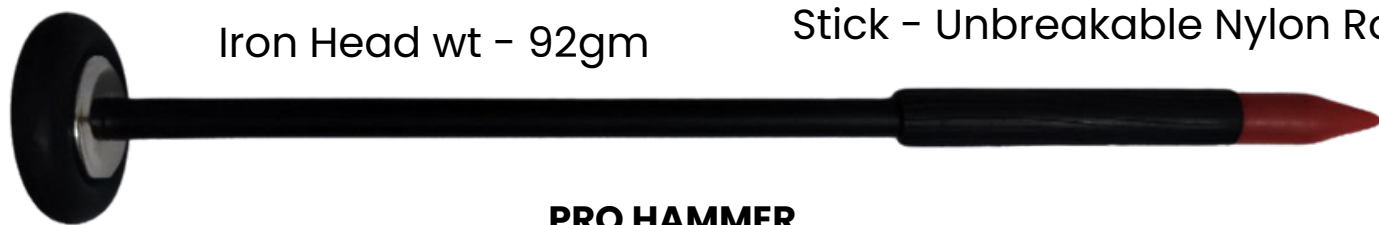
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Rubber
O'ring

Iron Head wt - 92gm

Stick - Unbreakable Nylon Rod



PRO HAMMER

Easy reflex offers best in class 130 gm reflex hammers at affordable cost. Don't fall prey for fake low head-weight reflex hammers.



Knee Hammer



Tuning Forks



Ishihara Plates



Taste Pack

4 Synthetic Tastes

1. Sugar (tip of tongue)
2. Salt (side of tongue)
3. Sour (side of tongue behind salt)
4. Bitter (back of tongue)

* With tongue holding gauze.
* Buds for application.
* Tastes last for more than a year.



Snellen's
Chart



Swab Stick



Cotton
+ Toothpick



Glass Tubes
with
Closure



Smell Pack

3 Synthetic Smells

1. Coffee
 2. Lemon
 3. Orange & Sandal
- *Smells last more than 8 months



Torch Light + Battery



Divider



Inch Tape



Tongue
Depressor



Carry your kit in a stylish,
transparent & exam
friendly box



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General Examination:

Conscious /oriented /cooperative

Built / Nourishment – Skin fold thickness ,Mid arm circumference, waist – hip ratio

Pallor / Icterus / Cyanosis / Clubbing

Edema / Lymphadenopathy

Sign of Liver Failure:

Alopecia / Icterus / Parotid Gland Enlargement / Spider naevi / Gynaecomastia /

Ascites / Testicular atrophy / Palmar Erythema / White Nails / Clubbing / Flapping

Tremors / Dupuytren's Contracture

External Markers of HIV Infection:

Oral Hairy Leukoplakia / Oral Candidiasis / Molluscum contagiosum

/Generalised lymphadenopathy / Recurrent Herpetic Infections

Vital Signs:

Pulse	
BP	
Respiratory Rate	
Temperature	
JVP	
Fundus Examination	KF Ring

Abdominal Examination:

Oral Cavity - Hygiene

Teeth: Caries / Dentures

Tongue: size / surface / colour

Palate / Tonsils / Breath smell / Oropharynx



Inspection:

Shape: Normally Scaphoid shape / Flat

Distended uniformly / Localised

Flanks: Free / Full

All quadrants: move equally with respiration or not

Umbilicus: Central / Shifted

Everted / Inverted

Any Discolouration

Skin: normal / stretched / Sinuses / Nodules

Movement of abdominal wall with respiration

Visible masses

Visible dilated veins

Visible Gastric / Intestinal Peristalsis

Visible Pulsations

Visible Scars / Pigmentation

External Genitalia

Hernial orifices



Palpation:

Local Rise of Temperature

Tenderness

Guarding / Rigidity

Rebound Tenderness

Palpate for Liver / Spleen / Kidney / Other Masses



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Palpable Liver:

----cm below coastal margin in right midclavicular line and

Pulsatile/Non pulsatile

Edge - Round / Sharp

Surface - Smooth / Nodular

Consistency - Firm / Hard

Tender/Non Tender

Moves with respiration

Palpable Spleen:

----cm below coastal margin in right midclavicular line and

Direction - Towards Right liac fossa

Pulsatile/Non pulsatile

Edge - Round / Sharp

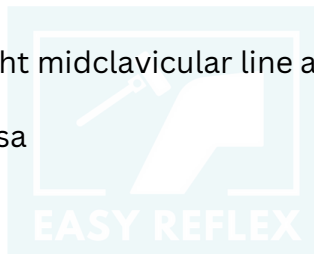
Surface - Smooth / Nodular

Consistency - Firm / Hard

Tender/Non Tender

Moves with respiration

Inability to Insinuate fingers between mass and margins



Percussion:

Liver Dullness

Liver Span

Shifting Dullness

Fluid Thrill

Percussion of spleen - Nixons / Castell / Barkuns method

Percussion of Traube's space

Tidal Percussion

Percussion of colonic band of resonance in presence of Renomegaly

Ausculation:

Bowel sounds - Small bowel-3-5/min

Venous Hum - Portal Flow Obstruction

Arterial Bruit - Aneurysm

Spleen Bruit - Hemangioma

Liver Bruit - Hepatoma

Renal Bruit - Renal Artery Stenosis

Friction Rub / Succussion Splash

Per Rectal Examination / Per vaginal Examination(Females)



Examination of Other System:

CVS: Apex Beat / S1 S2 heard in all areas / Murmurs

RS: Normal Vesicular Breath Sounds / Adventitious Sounds

CNS: Flapping Tremors / Altered Sensorium / Reflexes

DIAGNOSIS:

Chronic Decompensated Liver Disease, Cirrhosis of Liver with or without Portal HTN with or without evidence of Hepatic Encephalopathy

Hepatosplenomegaly with or without Lymphadenopathy.



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