

Abdominal Palpation

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Abdominal Examination

Physical Examination and assessment

It includes:

- Observation
- Determination of the lie, presentation, position
- Measurement of the fundal Height, abdominal girth, palpation of the fetal position and auscultation of the fetal heart rate.

Inspection

- Abdominal size and shape
- Skin changes

Fundal height

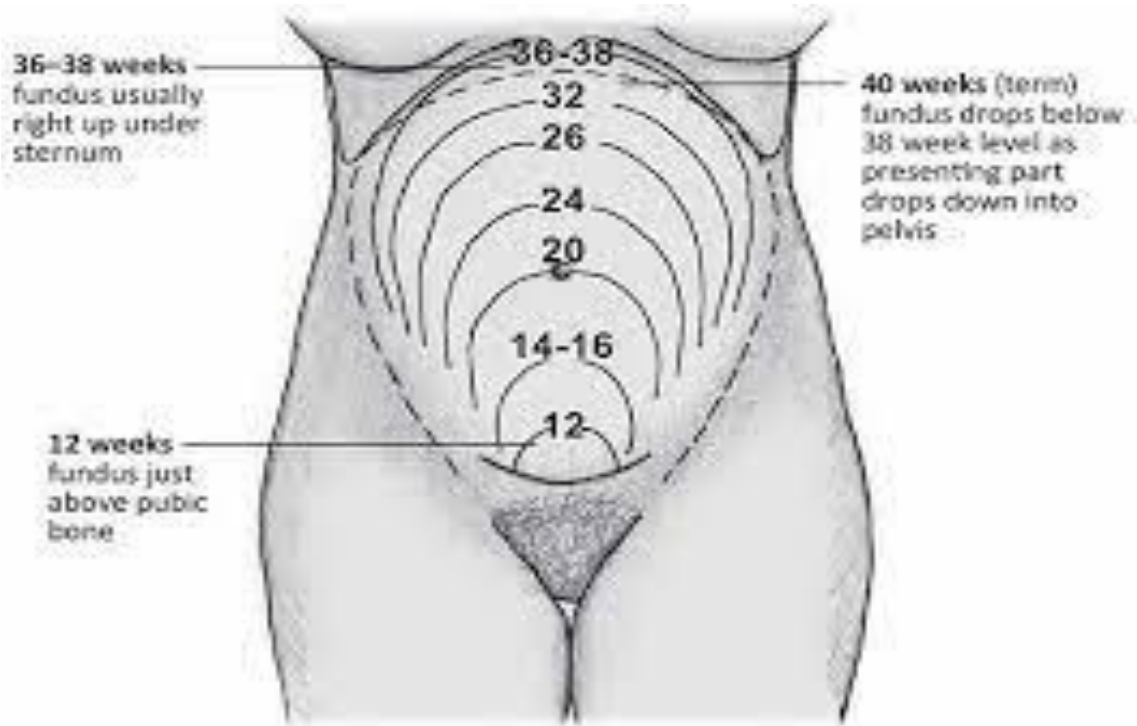
Approximation expected locations of the fundal height:

12 Week: Level of symphysis pubis

16 week: Halfway between symphysis pubis and umbilicus

20 week: 1-2 fingerbreadth below the umbilicus

22- 24 week: 1-2 fingerbreadth above the umbilicus

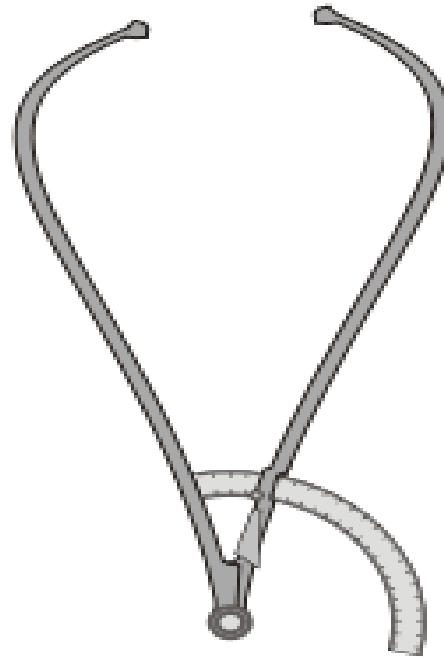


Continue...

- 28- 30 week: one third of the way between umbilicus and xiphoid process (3 fingerbreadth above the umbilicus)
- 32 week : two third of the way between umbilicus and xiphoid process (3-4 fingerbreadth)
- 38 week: Level of the xiphoid process
- 40 week: 2-3 fingerbreadths below the xiphoid process. If lightning occurs

Methods of measuring the Fundal height

- 1st method: By using the fingerbreadths
- 2nd method: External pelvimeter or caliper.
- 3rd method: By using the measuring tape.



Preparatory steps

- Explain the procedure
- The woman should be empty.
- Abdomen should be exposed required for examination.
- The woman's abdominal muscle should be relaxed.
- Examiner's hand should be warm.
- Technique of palpation.

Leopold's Maneuvers

- There are four maneuvers starting at the fundus and ending at the pelvic brim.
- 1) Fundal Palpation
- 2) Lateral Palpation
- 3) Pawlick Grip/ second pelvic grip.
- 4) Pelvic palpation/ Frist pelvic grip

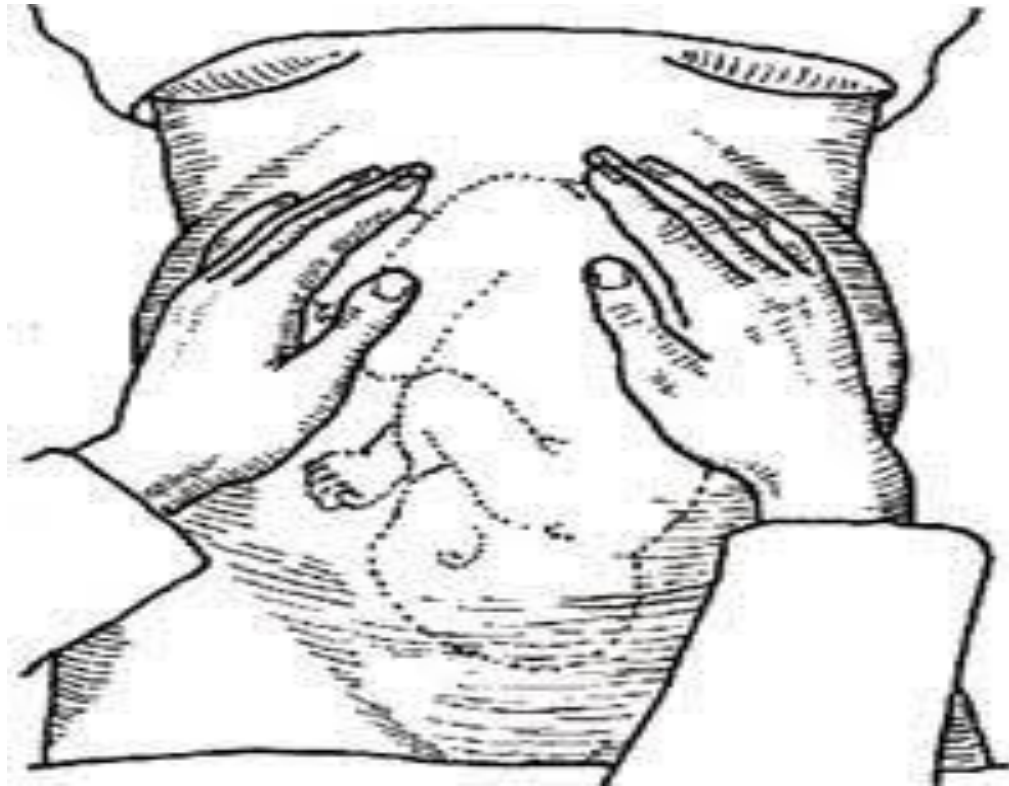
Fundal Palpation

Steps

- Face the womans head place the hand on the woman's abdomen . And palpate the around the fundus .
- Palpate the shape, size, consistency and mobility of the fetal part.

Findings

- If examining hand feels hard and round , it is indicative o the fetal head. If soft part palpated the its breech presentation.
- Lie is longitudinal
- If neither of the above felt part in the fundus it is indicative of the transverse lie



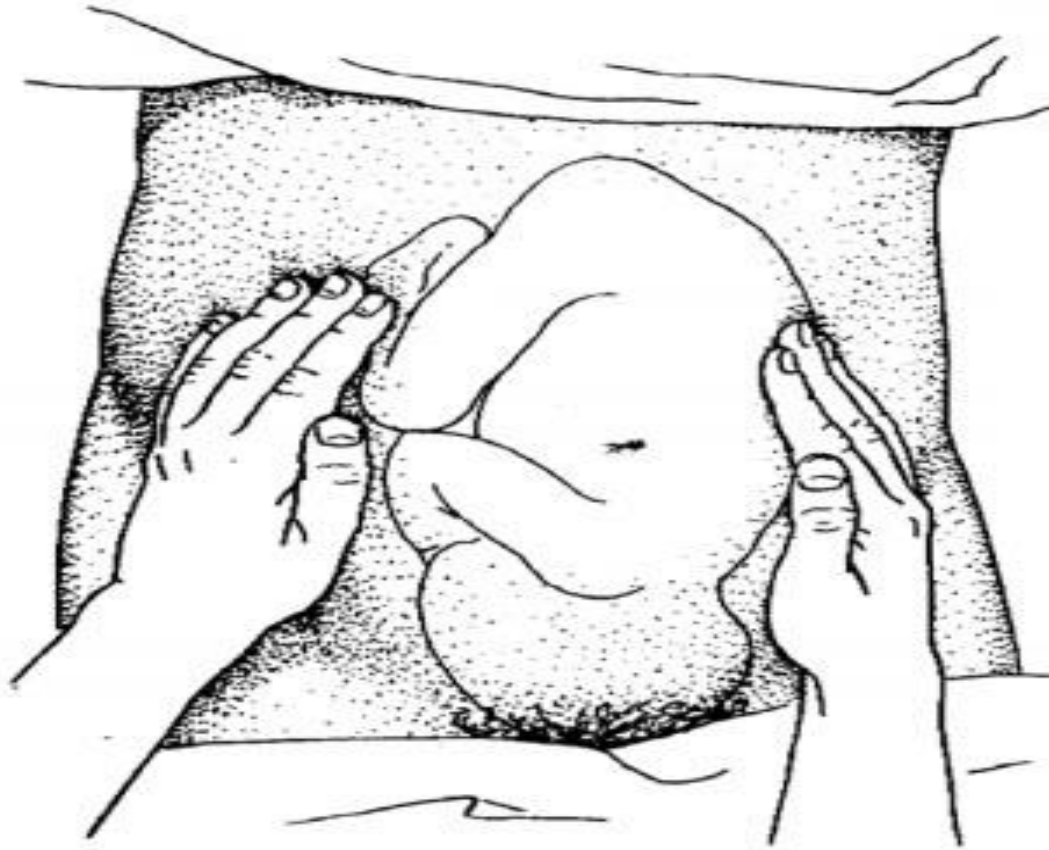
Lateral Palpation

Steps

- Continue with the lateral palpation.
- Apply the gentle pressure at one side and examining hand palpate the entire area.
- Reverse the procedure for examination of the other side of the uterus.

Findings

- If firm , convex part felt then its indicative of the fetal back
- Small irregular masses, it indicates the fetal extremities.



Pawlick Grip

Steps

- Grasp the portion of the lower abdomen with thumb and the middle finger

findings

- Movable mass will be felt, if the presenting part is not engaged
- If the presenting part is the head that is engaged, it may not be readily movable



Pelvic Palpation

Steps

- Place your hands on mothers abdomen on the sides of the uterus.
- Press the fingertips into the lower abdomen and move towards the pelvic inlet.

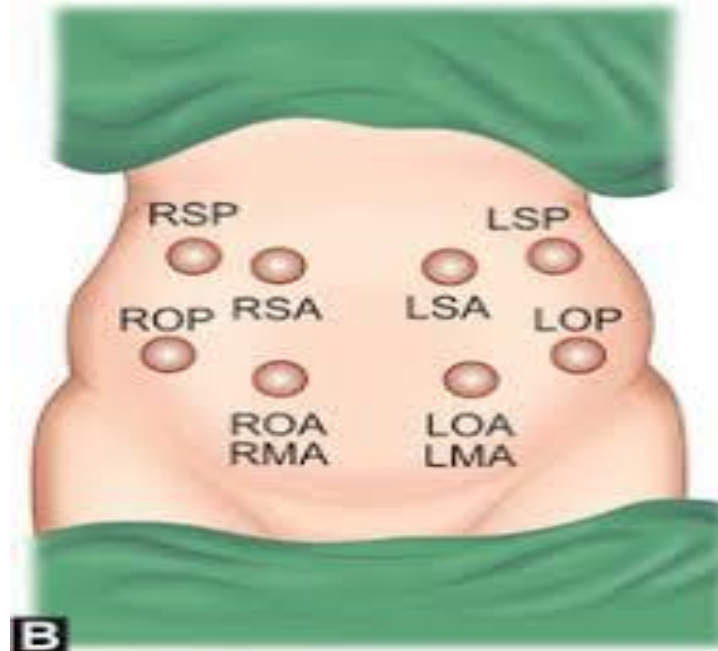
Findings

- If examiner hand get converge , it indicates the fetal head is not engaged
- If examiner hand get diverge , it indicates the fetal head is engaged
- If breech presentation if examining hand get diverge it means presenting part either engaged or dipping



Auscultation

- Auscultation of the fetal Heart rate.



Summary

- **Summary.....**

THANK YOU.