

Physical examination in alcoholics

General Examination

- Agitation or restlessness
- Sweating
- Bruises
- Respiratory rate

Examination of hands/arms

- Check pulse and blood pressure
- Tremor
- Hepatic flap-ask the patient to hold arms straight with hyper extended hands
- Palmar erythema
- Dupuytren's contracture
- Clubbing
- Koilonychia
- Nicotine stains

Examination of eyes

- Check extra ocular muscles and rule out nystagmus
- Jaundice
- Pallor

Mouth

- Fetor hepaticas

Chest examination

- Spider naevi
- Gynaecomastia
- Loss of body hair
- Auscultate for heart sounds

Abdominal examination

- Scratch marks
- Caput medusae
- Umbilicus everted/inverted
- Palpate liver and spleen
- Check for ascites
- Ask to check the external genitalia for testicular atrophy

Neurological examination

- Check reflexes
- Check for peripheral neuropathy and proximal myopathy
- Heel shin/finger nose and dysdiadokinesia
- Assess gait