

# Dermatological Examination

## General Inspection

- General observation
- Comfortable
- Scratching
- Anaphylaxis or Urticaria obviously present?

## Systematic Check

- Check all of the body:
  - Nails
  - Scalp
  - Hair
  - Palms and soles
  - Between fingers and toes
  - Mucous membranes
  - Joints
- Site and number of lesions
- Pattern of distribution (widespread, localised, symmetrical, sun exposed, anatomical)
- Configuration of lesions

## Describe

- **Individual Lesions** (SCAM)
  - Size: widest and narrowest diameter and shape
  - Colour: Erythema, purpura, pigmentation (is colour consistent?)
  - Associated changes: Lesions evolving from primary lesion (eg pruritic lesion may be excoriated)
  - Morphology: structure, eg macule, papule
  - Margin: regular or irregular
- **Pigmented Lesions** (ABCDES)
  - Asymmetry
  - Border (irregular)
  - Colour (>1 in lesion)
  - Diameter
  - Evolution: change in size and/or shape
  - Symptoms: bleeding, itching

## Palpate

- Surface
- Consistency (hard, soft, firm, fluctuant, thickness)
- Mobility
- Tenderness
- Warmth
- Depth (epidermal, dermal, subcut)
- Blanching