

Reasonable AB-Abdomen Exam Price - AB-Abdomen Study Tool

Abdominal Assessment

Action	Advice/Diagram/Findings
1	Introduce yourself to the patient and gain consent for examination, wash/sanitize hands.
2	Assist the patient to lie on the couch/bed. Expose the abdomen (remember dignity). Ideally lay at 45° semi recumbent, head supported by one pillow, arms at sides. The patient may need lie more upright or with knees drawn up. Examine young children on parents' lap.
3	General observation of the patient (end of the bed). Obvious signs of pain/discomfort, looks unwell, jaundice, pallor, cachexia. Check surroundings for signs of vomiting, urinary catheter, medications.
4	Inspect both hands and fingernails. <ul style="list-style-type: none"> - Leuconychia – white nails caused by hypoalbuminuria in liver cirrhosis - Koilonychia – spoon shaped or flat nails caused by iron deficiency - Palmar erythema - liver disease, pregnancy - Dupuytren's contracture – thickened palmar fascia, alcohol use, liver disease - Clubbing – cirrhosis, IBD, coeliac disease
5	Check for asterix (flapping tremor) Ask patient to hold both arms out straight with the hands/wrists cocked back – flapping tremor indicative of liver failure (encephalopathy).
6	Inspect for periorbital xanthelasma, sclera of the eyes for jaundice and the conjunctiva for anaemia. Jaundice – e.g. liver disease, cirrhosis, alcohol, hepatitis, medications/overdose e.g. paracetamol. Conjunctival pallor may indicate anaemia (e.g., from GI bleeding). Xanthelasma indicate high cholesterol.
7	Examine the oral cavity for state of dentition/gum disease, ulcers, angular stomatitis and candidiasis. Examine the tongue. <ul style="list-style-type: none"> - Glossitis – inflammation of the tongue – iron/B12 deficiency - Angular stomatitis – as above, nutritional/vitamin deficiency - Bleeding gums – sign of gum disease - Ulcers – poor nutrition, IBD
8	Inspect the abdomen from xiphisternum to symphysis pubis. Look for swelling/distension, hernia, scars, striae, stoma, pulsations, and distended veins. Grey Turner's / Cullen's signs, caput medusae Does the patient have abdominal pain? If so, where? <ul style="list-style-type: none"> - Striae signify stretching of the skin – e.g., from pregnancy, obesity, ascites or Cushing's syndrome. - Pulsations are usually from the abdominal aorta - normal in very thin patients but possible aneurysm in larger patients. Hernias may appear as bulges in the groin (inguinal) or around the umbilicus. - Grey Turners – flank bruising - Cullen's – bruising around umbilicus - Both Grey Turner's and Cullen's indicate retroperitoneal haemorrhage - Caput medusae – portal hypertension
9	Auscultate for bowel sounds (4 quadrants). Gurgling sounds that are heard every 15 – 20 seconds. Listen for up to 2 minutes to confirm absent bowel sounds. Obstruction may produce a tinkling sound. 
10	Light palpation of the abdomen (4 quadrants or 9 regions). Make sure your hands are warm. Roll fingers of one hand over the abdomen. Observe for guarding or rigidity (peritonitis), mapping any areas

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concoct for the AB-Abdomen certification exam, you'd need some provision to make things calmer.

ARDMS Abdomen Sonography Examination Sample Questions (Q106-Q111):

NEW QUESTION # 106

Based on this image, what is the most likely clinical indication for the examination?



- A. Neonatal hyperbilirubinemia
- B. Red currant jelly stools
- C. Projectile vomiting
- D. Abnormal prenatal ultrasound

Answer: C

Explanation:

The ultrasound image demonstrates findings consistent with hypertrophic pyloric stenosis (HPS). This condition typically affects infants between 2 and 8 weeks of age and presents clinically with non-bilious projectile vomiting, weight loss, and dehydration. In the ultrasound image, the classic "target" or "donut" sign can be seen in the transverse view of the hypertrophied pyloric muscle.

Key sonographic criteria for HPS include:

- * Pyloric muscle thickness #3 mm
- * Pyloric channel length #15-18 mm

This imaging appearance strongly correlates with the clinical presentation of projectile vomiting (Choice D), which is the hallmark symptom of HPS.

Comparison of answer choices:

- * A. Abnormal prenatal ultrasound (Choice A) is not typically associated with HPS, which develops postnatally.
- * B. Neonatal hyperbilirubinemia (Choice B) is not an indication for a pyloric ultrasound and affects liver/biliary imaging.
- * C. Red currant jelly stools (Choice C) are indicative of intussusception, not HPS.
- * D. Projectile vomiting (Choice D) is the most common clinical indication leading to an ultrasound exam that reveals HPS.

References:

Rumack CM, Wilson SR, Charboneau JW, Levine D. Diagnostic Ultrasound, 5th ed. Elsevier; 2017.
AIUM Practice Parameter for the Performance of Ultrasound of the Pyloric Region in Infants (2014).
Hernanz-Schulman M. Infantile hypertrophic pyloric stenosis. Radiology. 2003;227(2):319-331.

NEW QUESTION # 107

Which parameter is most likely increased distal to a renal artery stenosis?

- A. Spectral broadening
- B. Resistive index
- **C. Acceleration time**
- D. Pulsatility index

Answer: C

Explanation:

Downstream from a significant renal artery stenosis, the acceleration time is prolonged due to delayed systolic upstroke ("tardus-parvus waveform"). This is a sensitive Doppler parameter for detecting hemodynamically significant stenosis. Spectral broadening usually occurs at the stenotic site, not distal to it.

According to Zwiebel's Introduction to Vascular Ultrasound:

"Prolonged acceleration time and reduced acceleration index characterize tardus-parvus waveforms distal to renal artery stenosis."

Reference:

Zwiebel WJ, Pellerito JS. Introduction to Vascular Ultrasound. 6th ed. Elsevier, 2019.

AIUM Practice Parameter for Renal Artery Duplex Doppler Ultrasound, 2020.

NEW QUESTION # 108

Which syndrome is characterized by right upper quadrant pain, ascites, and hepatocellular dysfunction?

- A. Calciphylaxis
- B. Klippel-Trenaunay
- **C. Budd-Chiari**
- D. Ehlers-Danlos

Answer: C

Explanation:

Budd-Chiari syndrome is caused by hepatic venous outflow obstruction, resulting in hepatomegaly, ascites, right upper quadrant pain, and liver dysfunction. It may be due to thrombosis or compression of the hepatic veins or IVC.

According to Rumack's Diagnostic Ultrasound:

"Budd-Chiari syndrome results from hepatic venous outflow obstruction and presents with hepatomegaly, ascites, and right upper quadrant pain." Reference:

Rumack CM, Wilson SR, Charboneau JW, Levine D. Diagnostic Ultrasound. 5th ed. Elsevier, 2017.

AIUM Practice Parameter for Liver Ultrasound, 2020.

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NEW QUESTION # 109

When measuring the abdominal aorta, where should the calipers be placed?

- A. Inner wall to inner wall
- B. Outer wall to inner wall
- C. Inner wall to outer wall
- **D. Outer wall to outer wall**

Answer: D

Explanation:

When measuring the abdominal aorta (or any vessel diameter for aneurysm evaluation), calipers should be placed from outer wall to outer wall to ensure inclusion of the full vessel diameter, including any mural thrombus. This is the standard method accepted by professional societies.

According to AIUM and SRU Guidelines:

"Vessel diameter measurements should be performed from outer wall to outer wall to avoid underestimation of aneurysm size."

Reference:

AIUM Practice Parameter for the Performance of Abdominal Aortic Ultrasound, 2020.

Society of Radiologists in Ultrasound (SRU) Consensus Statement, 2003.

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NEW QUESTION # 110

Which finding is most likely demonstrated in this abdominal wall image of a patient with a history of atrial fibrillation?



- **A. Hematoma**
- B. Lipoma
- C. Hernia
- D. Abscess

Answer: A

Explanation:

The ultrasound image demonstrates a complex, heterogeneous hypoechoic collection within the abdominal wall, with mixed echogenicity and ill-defined margins. The lesion appears to contain internal debris but lacks definitive signs of vascularity or air (which would be seen in an abscess). There is no peristalsis, herniated bowel, or fat to suggest hernia.

Given the history of atrial fibrillation - a condition commonly treated with anticoagulation therapy (e.g., warfarin, apixaban) - this clinical background raises high suspicion for a rectus sheath or abdominal wall hematoma.

Key ultrasound features of hematomas:

- * Early (acute): hyperechoic or heterogeneous
- * Chronic/resolving: complex or cystic with fluid-debris levels
- * No internal vascularity on Doppler
- * May be confined to muscle or fascial planes

This is consistent with a hematoma, particularly in patients on anticoagulation therapy.

Comparison of answer choices:

- * A. Hernia - typically shows bowel or fat with movement/peristalsis passing through a fascial defect.
- * B. Lipoma - usually homogeneous and echogenic, not complex or fluid-filled.
- * C. Abscess - often presents as a complex fluid collection with peripheral hyperemia and possibly air, plus systemic signs of infection.
- * D. Hematoma - Correct. The image and clinical history (anticoagulation due to atrial fibrillation) strongly support this diagnosis.

References:

Berman L, et al. Sonographic appearance and evolution of rectus sheath hematomas. AJR Am J Roentgenol. 1996.

Rumack CM, Wilson SR, Charboneau JW, Levine D. Diagnostic Ultrasound, 5th ed. Elsevier; 2017.

AIUM Practice Parameter for the Performance of Diagnostic Ultrasound Examinations of the Abdomen and Retroperitoneum (2020).

NEW QUESTION # 111

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