Hand Exam

Nails
Koilonychia
• = spoon shaped nails
• suggests iron deficiency
  ↓ also Raynauds or fungal infection
Onycholysis
• = destruction of nails
• seen in hyperthyroid, fungal nail infection and psoriasis
Mee’s Lines
• = single white transverse band
• renal failure
Muehrcke’s Lines
• paired white transverse bands
• hypoalbuminaemia
Pitting
• psoriasis
• alopecia areata
Splinter Haemorrhages
• = fine longitudinal haemorrhagic streaks
• if febrile ≈ infective endocarditis
  ↓ otherwise can be norm
Nail Fold Infarcts
• vasculitic disorders
Clubbing
• cardiac:
  o endocarditis
  o congen cyanotic heart
• thoracic:
  o bronchial Ca
  o chronic sup lung
  o CFA
  o Mesothelioma
• GI:
  o Inflam bowel
  o Cirrhosis
  o GI lymphoma
  o Malabsorption e.g. coeliac
Chronic Paronychia
• = chronic infection of nail fold
• give antibiotics PO
Other Hand
Palmar erythema
• assoc with:
  o liver cirrhosis
  o pregnancy
  o polycythaemia
Pigmentation of Palmar Creases
• Addison’s
  ▪ normal in blacks/Asians

Dupuytren’s Contracture
• Assoc with:
  ▪ Liver disease
  ▪ Trauma
  ▪ Epilepsy
  ▪ Ageing

  } Surgery when cant lie hand flat on table

Osler’s nodes
• Tender raised and discoloured node on pad of finger
• Subacute bacterial endocarditis

Joints
RA
• Swollen PIP with DIP spared
• Ulnar drift of CMC joints
• Z deformity of thumb

OA
• Heberden’s (distal) and Bouchard’s (proximal) nodes
  ▪ just distal to DIP on dorsal aspect
  ▪ both = osteophytes