

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 \approx infective endocarditis
 - ↳ otherwise can be norm

Nail Fold Infarcts

- vasculitic disorders

Clubbing

- cardiac:
 - endocarditis
 - congen cyanotic heart
- thoracic:
 - bronchial Ca
 - chronic sup lung
 - CFA
 - Mesothelioma
- GI:
 - Inflamm bowel
 - Cirrhosis
 - GI lymphoma
 - Malabsorption e.g. coeliac

Chronic Paronychia

- = chronic infection of nail fold
- give antibiotics PO

Other Hand

Palmar erythema

- assoc with:
 - liver cirrhosis
 - pregnancy
 - 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

- 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