- Always inform the patient what you are doing.
- Avoid using terms like feel, touch etc. Use “palpate”, “locate”. For example: “I need to locate/palpate the top of your pelvis, so I’m going to press on your waist. Is that ok?”
- Always use both hands when palpating the ribs (LCM), pelvis, iliac crests, ASIS and greater trochanters
- When palpating, be sure you are facing the head end, so the patient can see you. It also helps you, as you can see if they are upset/in pain etc while you are positioning them.
- Use all fingers as a flat surface for palpating. One finger feels awkward to the patient, and is not always accurate.
- Use firm but gentle palpation. Don’t jab at the patient, but don’t use palpation so light it doesn’t feel like palpation at all.
- Never “walk” your fingers along ANY body part you are palpating