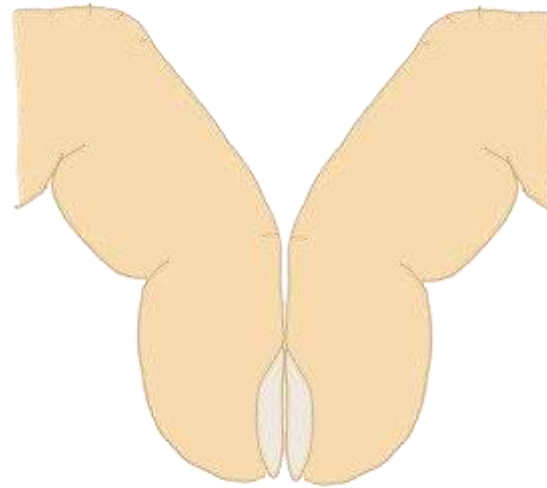


Finger Clubbing



Finger Clubbing



Introduction

- *Painless*, soft tissue swelling of the terminal phalanges & Increased convexity of the nail
- **Caused by** Hypervascularity & opening of anastomotic channels in the nail bed
- Affects the fingers symmetrically
- May also affect toes
- Can be *unilateral* - If caused by a proximal vascular condition (arteriovenous shunts for dialysis)

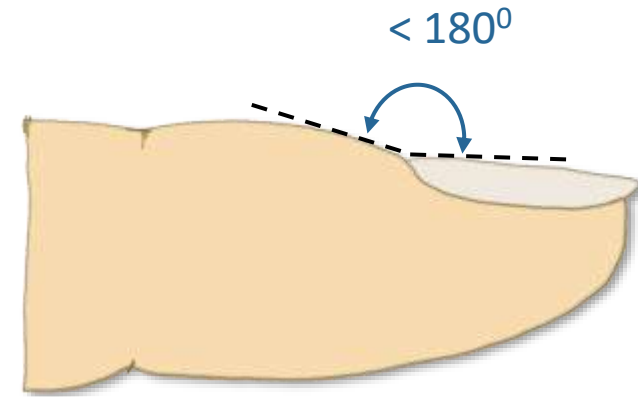
Distal end of the digit becomes
expanded

Nail curved excessively in both
Longitudinal and Transverse planes

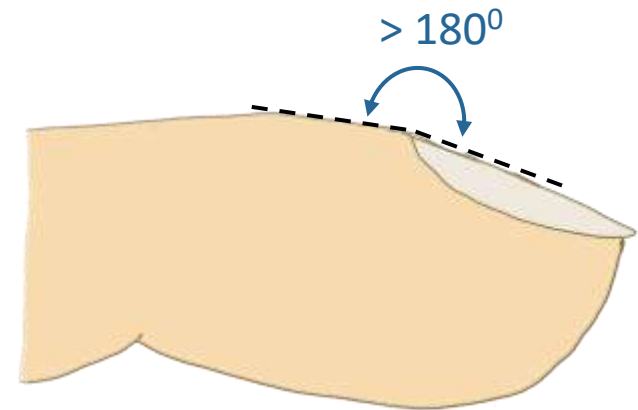


Viewed from the side, the angle at the nail plate is lost & may exceed 180°

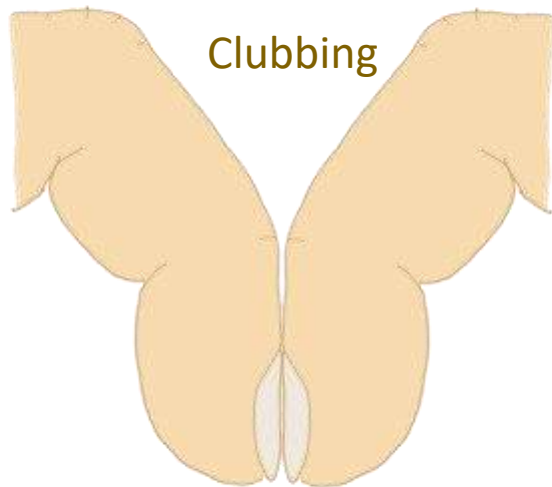
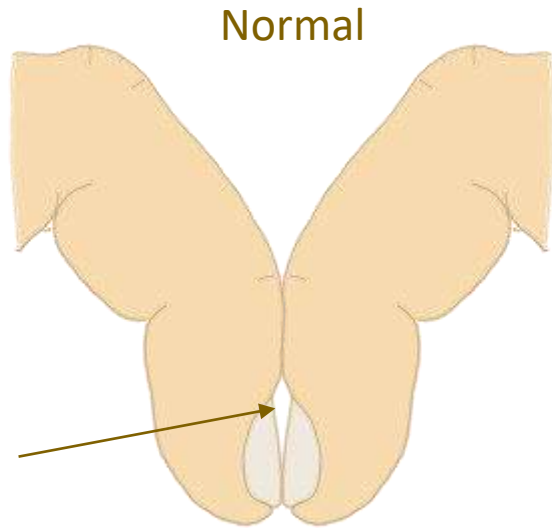
Normal



Clubbing



**Schamroth's
window**



Schamroth's window test

- In normal nails, when opposite nails are placed in apposition, there is a Rhombus-shaped gap
- In clubbing, there is a reduction or loss of this gap



In Hypertrophic Pulmonary Osteoarthropathy, there is clubbing of the fingers and **thickening of the periosteum** of the radius, ulna, tibia and fibula, which can be **tender**

Causes

- Congenital
- In > 90%, it heralds a serious underlying disorder
- Clubbing may recede if the underlying condition resolves

- **Congenital or familial** (5–10%)

- **Acquired**

- **Thoracic (~70%)**

- Lung cancer
 - **Chronic suppurative conditions:** Bronchiectasis, Lung abscess, Empyema, Cystic fibrosis
 - Mesothelioma
 - Fibroma
 - Pulmonary fibrosis
-

- **Cardiovascular**

- Cyanotic congenital heart disease
 - Infective endocarditis
 - Arteriovenous shunts and aneurysms
-

- **Gastrointestinal**

- Cirrhosis
- Inflammatory bowel disease
- Coeliac disease

- **Others**

- Thyrotoxicosis (Thyroid acropachy)
- Primary hypertrophic osteoarthropathy

Mnemonic - CLUBBING

C – Cyanotic heart diseases, Cystic fibrosis, Crohn's disease, Cirrhosis of Liver

L – Lung abscess

U – Ulcerative colitis

B – Brachial AV fistula

B - Bronchiectasis

I – Infective endocarditis, Interstitial lung disease (ILD)

N – Neoplasia (Lung Ca, Fibroma, Mesothelioma)

G – Grave's disease (Thyroid acropachy)

Last Second Medicine

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- Distal end of the digit becomes expanded - Nail curved excessively in both longitudinal and transverse planes
- Viewed from the side, the angle at the nail plate is lost & may exceed 180°
- **Schamroth's** window test - In normal nails, when both thumbnails are placed in apposition, there is a lozenge-shaped gap whereas, in clubbing, there is a reduction in this gap
- In hypertrophic pulmonary osteoarthropathy, there is clubbing of the fingers and thickening of the periosteum of the radius, ulna, tibia and fibula, which can be tender

