HEAD AND NECK EXAMINATION MODULE

GOALS
- Evaluate history of ear pain and hearing loss
- Otologic examination: auricle/external auditory canal/tympanic membrane
- Evaluate history of nasal congestion; sinusitis; epistaxis
- Intranasal examination
- Evaluate dysphagia/odynophagia
- Examination of oral cavity
- Evaluate neck mass
- Neck examination

METHODS
1. Discuss what you are about to do.
   Inform patient of intention of examination
   Explain how exam will be conducted

2. Prepare your patient for examination
   Patient to be sitting upright in examination chair
   Patient privacy to be respected
   Patient may need to loosen necktie or shirt collar

3. Prepare yourself for the examination
   Approach exam systematically
   Compare bilaterally when applicable
   Review patient complaints as exam progresses

4. Follow exam sequence
   Observe
   Visualize
   Palpate

SPECIFIC OBSERVATIONS
1. Otologic examination
   Auricle
     skin/soft tissue exam anterior and posterior
   External auditory canal
     visualize with speculum/otoscope
     proper positioning of auricle to visualize external auditory canal/tympanic membrane
   Tympanic membrane
     visualize malleus/umbo
     insufflation for mobility/pneumatic otoscopy
   Hearing
     Tuning fork examination
     Weber test
     Rinne test
2. Intranasal examination
   position of speculum
   visualize
   septum
   inferior turbinates
   middle turbinates

3. Oral cavity examination
   Ability to open mouth
   asymmetry
   trismus
   Visualize
   (may utilize tongue blades to assist visualization)
   Hard palate
   mucosal lesions
   Soft palate/uvula
   palate elevation
   Tonsils (if present)
   size/symmetry/ulcerations
   Tongue
   anterior 2/3
   mucosal lesions
   posterior 1/3 (tongue base)
   tongue mobility
   Floor of mouth
   Wharton’s ducts
   Mucosal lesions
   Buccal mucosae
   Stenson’s ducts
   Mucosal lesions
   Gingivolabial sulci
   Dentition
   Remove dentures if edentulous patient
   Palpate
   Floor of mouth
   masses: bony/soft tissue
   Buccal mucosae
   soft tissue masses
   Tongue base
   soft tissue masses

4. Neck examination
   Salivary glands
   Parotid glands: visualize/palpate
   Facial nerve examination
   5 branches
   Submandibular glands: visualize/palpate
   Sublingual glands: visualize/palpate
   Levels of the neck: visualize/palpate
   I-V
   Spinal accessory nerve function
   Thyroid examination
Evidence Testing:

Scenario #1: Patient complains of hearing loss
Scenario #2: Patient complains of nasal congestion
Scenario #3: Patient complains of neck mass
Scenario #4: Patient complains of sore throat
Scenario #5: Patient complains of trouble swallowing
Scenario #6: Patient complains of hoarseness

Student Worksheet:

1. Otologic Examination
   - Auricles: skin/soft tissue
   - External auditory canal: skin / soft tissue
   - Tympanic membrane
     - malleus/ umbo
     - insufflation: mobility
   - Tuning fork
     - Weber/Rinne

2. Intranasal examination
   - Identify:
     - Nasal Septum
     - Inferior turbinates
     - Middle turbinates

3. Oral cavity:
   - Identify:
     - Mandible mobility
     - Hard palate
     - Soft palate/uvula
     - Tonsils
     - Tongue/Tongue base/circumvallate papillae
     - Floor of mouth/Wharton’s ducts
     - Buccal mucosae/Stenson’s ducts
     - Gingivolabial sulci
     - Dentition
   - Palpate:
     - Floor of mouth
     - Buccal mucosae
     - Tongue base

4. Neck Examination:
   - Identify:
     - Parotid glands
Facial nerve function
Submandibular glands
Sublingual glands
Lymphatic levels of the neck: I-V
Neck mass:
  Firm vs. Soft
  Tender vs. Non-tender
  Skin changes vs. No Skin Changes
  Mobile vs. Fixed
  Nerve compromise vs. None

Thyroid gland

Palpate:
  Parotid glands
  Submandibular glands
  Sublingual glands
  Lymphatic levels of the neck (I-V)
  Thyroid gland
Head and Neck PE Module Pre-test/Post-test

1. What does tympanic membrane insufflation evaluate for?

2. What are 3 abnormalities of the tympanic membrane?

3. What are 5 causes of hearing loss?

4. What are the functions of the nasal septum and nasal turbinates?

5. What are 5 causes of nasal obstruction?

6. What are 5 causes of throat pain?

7. Name all major salivary glands/location/and type of saliva they produce.

8. What is the significance of the presence of a neck mass?

9. What are infectious causes of a neck mass?

10. What are neoplastic causes of a neck mass?
Head and Neck PE Module Evaluation Form

Did the student examine and record the following?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>External ear examination</td>
<td></td>
</tr>
<tr>
<td>Tympanic membrane/mobility</td>
<td></td>
</tr>
<tr>
<td>Intranasal examination with speculum</td>
<td></td>
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<tr>
<td>Oral cavity examination with palpation</td>
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<tr>
<td>Neck examination</td>
<td></td>
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<tr>
<td>Explain examination procedure</td>
<td></td>
</tr>
<tr>
<td>Position patient correctly</td>
<td></td>
</tr>
<tr>
<td>Inspect</td>
<td></td>
</tr>
<tr>
<td>Palpate intraorally</td>
<td></td>
</tr>
<tr>
<td>Neck palpation in all levels</td>
<td></td>
</tr>
<tr>
<td>Thyroid palpation</td>
<td></td>
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<tr>
<td>Stand to the side of the patient</td>
<td></td>
</tr>
</tbody>
</table>

TOTALS

Evaluator: __________________________