

## **Structured approach to Throat, head and Neck**

### General

- visual inspection – acquired vs cong
  - asymmetry
  - deformity
  - look esp at parotid, retromandibular, submental, ant. Neck above collar
  - ask history pertaining to any exceptions

### Face

- Assymetry – put scapular betwn teeth horizontally to see
  - Cong hemifacial microsomia
  - Acquired maxillary/mandibular deformity
  - Facial nerve palsy
- Basal and sq cell Ca if ulcer persists

### Lips

- show teeth to check lip part
- deformities

### Mouth

- Remove dentures
- trimus
  - TMJ , inflam/invasive of tonsils, pharynx, pterygoid muscles
- TMJ
  - Tips of index into conchal bowel of ears, then ask to open mouth
  - Pain, movement, assym (suggest cong)

### Tongue

- deviation – hypoglossal or invasive of floor/tongue
- Surface
  - Smooth in macroglossia
  - Leukoplakia
  - Hairy
  - Fissures
  - Geographic
  - Ulceration
  - Tumour

## Oral Cavity

- front
  - Bucal sulcus to inner aspects of cheek
  - Openings of parotid duct
  - Dental arches
- Floor
  - Ant through to coffin's corner – retromolar trigone area
  - Bimanual Palpation if mass found
    - Can even pick up deep structures
- Hard Palate, etc
  - Aaah makes tonsils more prominent
    - Observe movement
    - Lingual thyroid nodule
    - Cyst in base of tongue
    - Lingual tonsil enlargement
  - Tonsils
    - Enlarged, enflamed, membrane, inclusions, malig ulceration
  - Visible Pharynx
    - Lymphoid nodules, visible adenoid, postnasal drip, ulceration
  - Deeper pharynx needs special instrument
    - Hypopharynx / upper oesophagus => lump in throat / dysphagia
    - Larynx => change in voice / hoarseness

## Neck

- Undo collar and expose to shoulder
- Anterior mass – move on swallowing or putting out tongue?
- Stand behind
  - Submental
  - Submandibular
  - Parotid
  - Posterior triangle
  - Forwards along clavicle
  - Up posterior aspect of SCM
  - Down ant SCM, digging finger deep
  - Rock hyoid between index and thumb gently
  - Clasp thyroid, move sideways and back
    - Note laryngeal crepitus as grate over cervical spine
  - Palpate cricoid cartilage with tip of index
  - Palpate thyroid on either side and isthmus with both hands
    - Normal gland impalpable
  - Sternal notch
- Note: site, size, consistency, contour, attachment, tenderness of any mass