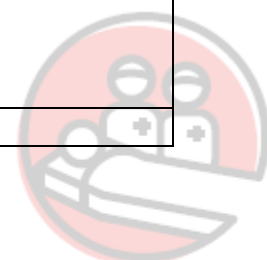


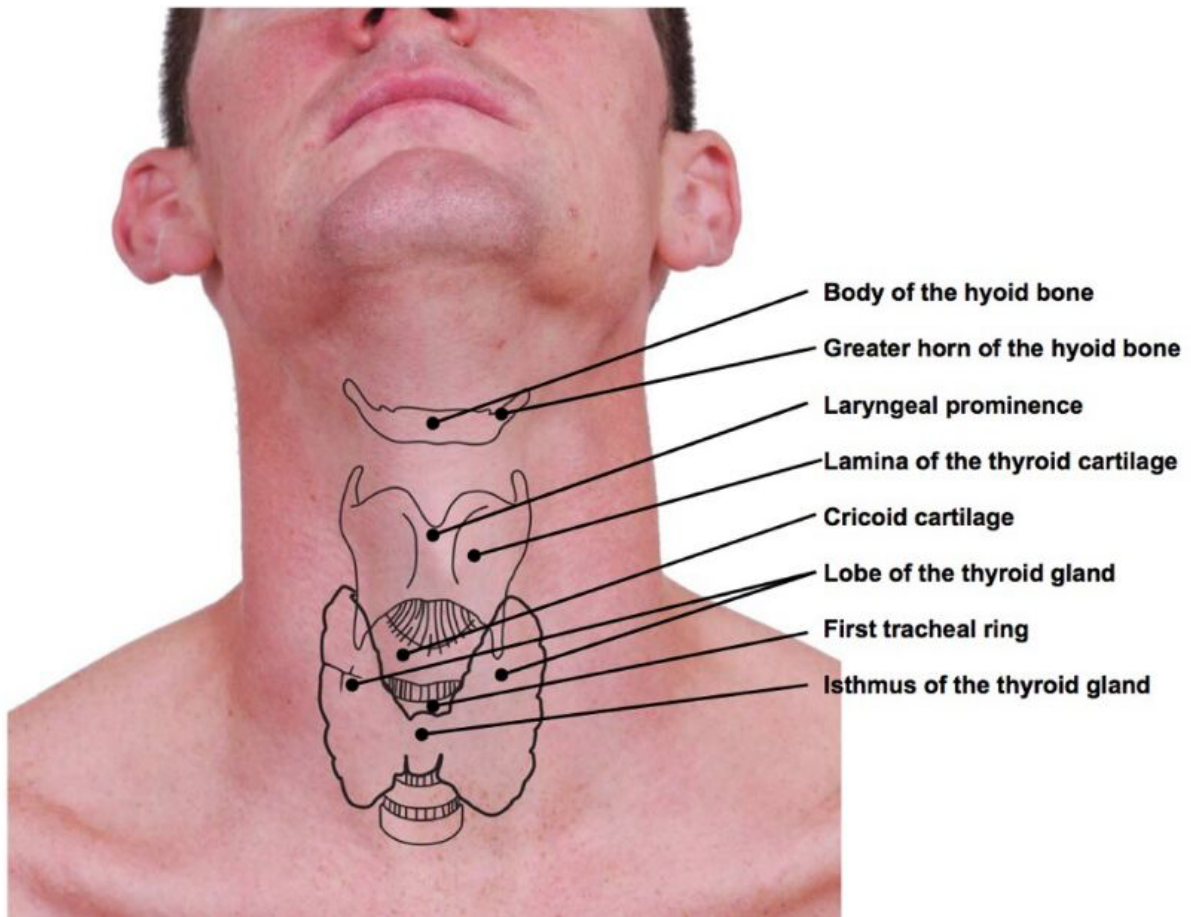
NECK EXAMINATION GUIDE

Please note these guides are not necessarily the curriculum taught at the medical schools. They are basic templates to assist in structuring bedside teaching, for stimulating thought about clinical findings and aiding constructive feedback back from junior doctors to medical students.

	Method	Observed/Comment
Introduction	Hand hygiene, polite, consent.	<input type="checkbox"/>
Exposure and positioning	Neck exposed. Sitting. Ability examine from front and back Equipment: Cup of water (if appropriate)	<input type="checkbox"/>
Inspection (From front on)	General health & vitals Thyroid related <ul style="list-style-type: none"> • Lymph nodes • Congenital abnormalities e.g. branchial cysts/fistulae, cystic hygroma, thyroglossal tract remnants. • Neck abscess (hot or cold?) • Salivary gland pathology • Skin Lumps – lipoma, epidermoid cysts. • Rarities e.g. pharyngeal pouch, carotid aneurysm, carotid body tumour, cysts of jaw, actinomycosis Mouth and its contents <ul style="list-style-type: none"> ▪ tongue, frenulum, submandibular and parotid salivary gland ducts and their openings, teeth, gums, palates, uvula, tonsillar fossae, oropharynx 	<input type="checkbox"/>
Palpation (from behind – warn pt)	1. Identify the hyoid bone, thyroid cartilage, cricoid cartilage and the trachea. 2. Palpate the thyroid lobes and the isthmus (anterior to the 2nd to 4th tracheal rings). Any movement on swallowing? 3. Feel for any indication of retrosternal extension, pyramidal lobe or thyroglossal remnant (ask the patient to “poke out your tongue”). 4. Palpate for lymphadenopathy in the anterior triangles of the neck (jugular chain), submental, submandibular, preauricular, postauricular, occipital (sub-nuchal), posterior triangle, supraclavicular	<input type="checkbox"/>
Palpation (from in front)	1. Reassess any lump(s) detected (size, shape, consistency, tenderness, fluctuance, mobility). Any thrills? 2. With gloves on, bi-manually palpate the salivary glands and their ducts [describe this if necessary].	<input type="checkbox"/>
Auscultation	Bruits – carotid, thyroid. venous hum. Stridor	



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