



***ENT***

***Physical Examination***



**لجنة الطب البشري**  
**رؤية تثير دروب تميزكم**

# Ear Examination

- Introduce your self
- Take permission
- Wash hands
- Ensure privacy
- Put head light
- Start with the normal ear

## Inspection:

- Deformities => Look at: helix & anti-helix  
tragus & anti-tragus  
lobule & concha  
Look for: protruded(bat)ears  
microtia/anotia  
aural atresia/cauliflower(wrestler) ear
- Accessory auricles => skin tag cartilage
- Skin lesion => sinuses/masses/fistula/ulcers
- Signs of inflammation => redness/swelling/ulcer/discharge/pigmentation
- Scars => post-auricular/end-auricular/tragal scar

## Otoscope:

*Pull the pinna in* => -Adults: upward, backward & outward  
-Peds: backward  
-Infants: downward(inward)

*External auditory canal:*

- Patency => adequate/stenosis
- Signs of inflammation => hyperemia
- Discharge => color, character & smell
- Mass lesion => clot/wax/foreign body/neoplasm/tumor

*Tympanic membrane:*

- Intact/perforated... if perforated => size/site  
central/marginal  
wet/dry  
any structure through the perforation
- Position => normal/retracted/bulging
- Semi-transparent
- Color => grey-pearly

- Cone of the light => anterior inferior quadrant
- Hand of malleus
- Mobility => Valsalva maneuver & pneumatic otoscopy
- Look if there is any device(ventilation tool or tube)

### **Tuning fork test:**

- Rinne test: lateral to the ear 1 inch then at the mastoid process  
=> +ve: air conduction louder  
-ve: bone conduction louder
- Weber test: any point at the midline  
=> centralized: heard equally  
lateralized: one side more  
indifferent: not heard at any

### **Free field hearing test:** whispered voice test

### **Palpation:**

- Mastoid process
- Auricle
- Fistula test: press on tragus for 10 seconds then sudden release  
=>-ve: nothing happen  
+ve: nystagmus/dizziness

### **Percussion:** mastoid process

### **Facial nerve examination:**

- Inspection => asymmetry  
spontaneous(involuntary) movements
- Motor => elevate eyebrows(wrinkles) => grimace => close eye tightly  
(don't let me open them) => smile widely (show teeth) => whistle => blow  
out cheeks while mouth closed
- Taste => anterior 2/3 of the tongue (innervated by chorda-tympani)

### **Nasopharynx examination:** post-nasal space

# Nose Examination

- Introduce your self
- Take permission
- Wash hands
- Ensure privacy
- Put head light

## Inspection:

\*Position => from front, lateral & behind

- Deformities => Deviated nasal bridge  
Saddling of the nose  
Dorsal nasal hump
- Mouth breather
- Allergic salute
- Allergic shiners
- Scars => lateral rhinotomy  
transverse columellar => by lifting the lip the nose
- Discharge
- Anterior dislocation of nasal septum

## Anterior Rhinoscopy:

- Nasal septum => intact/perforated  
straight/deviated & to which side
- Turbinates => size... mesotrophic/hypertrophic/atrophic
- Mucosa => color... pink > normal  
pale > allergic rhinosinusitis  
red > erythematous inflammatory mucosa
- Mases => polyps/neoplasm/foreign body/clot/rhinolith
- Discharge => color  
character  
Amount

### **Palpation:**

- Nose: tenderness/crepitus/any fracture line/emphysema
- Sinuses

### **Percussion:**

- Sinuses => frontal & maxillary sinuses

### **Nasal Patency Test:**

- Cold metallic surface => vaporization upon breathing
- Cotton pieces

### **Posterior Rhinoscopy:**

- Look at the nasopharynx through a mirror from the oral cavity with tongue depressed

### **Nasal Endoscopy:**

- Rigid
- Fiber-optic

# Throat Examination

- Introduce your self
- Take permission
- Wash hands
- Ensure privacy
- Put head light

## **Inspection:**

- Lips => cleft lip/ulcers/masses
- Teeth => dental caries/missing teeth/fillings/dentures
- Gums => masses/ulcers/lesions
- Buccal mucosa => discoloration/inflammation/ulceration/nodules/parotid duct(stensen)
- Tongue => size/fasciculation/geographic/glossitis/motility/floor(frenulum & submandibular duct(warton's duct))
- Palate => cleft palate/ulcers/masses/arched/telangiectasia
- Uvula => bifid/move asymmetrically
- Tonsils => anterior & posterior pillars/size/ulcers/masses/crypts/pus
- Posterior pharyngeal wall => ulcers/masses/lesions/post-nasal drip

## **Gag reflex**

## **Indirect laryngoscopy**

# Neck

**Inspection:** scars/asymmetry/masses/swelling/pigmentation

## **Palpation:**

- Lymph nodes
- Thyroid
- Mass => site/size/consistency/tender/fixed or mobile/pulsatile/move with swallow/move with protruding tongue

**Percussion:** mass/retrosternal goitre

**Auscultation:** mass/goitre

# Cranial Nerves Examination