

King Saud University

College of Medicine

Department of Medical Education

Riyadh, KSA

**Thyroid Examination**

**OBJECTIVE: To conduct a Sensory Examination.**

**MATERIALS: Well illuminated examination room, examination table, stethoscopeand, a glass of drinkable water.**

***D: Appropriately done PD: Partially done ND: Not done/Incorrectly done***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **STEP/TASK** | **D** | **PD** | **ND** |
|  | **Preparation** |  |  |  |
|  | Introduce yourself to the patient. |  |  |  |
|  | Confirm patient’s ID. |  |  |  |
|  | Explain the procedure and reassure the patient. |  |  |  |
|  | Get patient’s consent. |  |  |  |
|  | Wash hands. |  |  |  |
|  | Prepare the necessary materials. |  |  |  |
|  | Position the patient in a sitting position and uncover his/her neck and upper body. |  |  |  |
|  | **Examination** |  |  |  |
|  | **Inspection** |  |  |  |
|  | Inspect patient’s neck.  *(Asymmetry, surgical scars, prominent veins, redness, swelling or evident masses).* |  |  |  |
|  | Ask the patient to take a sip of water and watch the neck. *(Thyroid gland, thyroid cartilage, cricoid cartilage, thyroglossal cyst, lymph nodes are move upon swallowing).* |  |  |  |
|  | **Palpation** |  |  |  |
|  | Put one hand on either side of his neck and examine the anterior and posterior triangles of the neck with fingertips. |  |  |  |
|  | Palpate the neck for any masses.  *(If any; determine its location, size, shape, mobility, tenderness, surface features etc.)* |  |  |  |
|  | Palpate the thyroid gland.  *(If palpable; determine its size, shape, symmetry, consistency, tenderness and mobility).* |  |  |  |
|  | Palpate for cervical lymph nodes and describe. |  |  |  |
|  | Palpate for tracheal deviation in the suprasternal notch. |  |  |  |
|  | **Percussion** |  |  |  |
|  | Percuss the manibrium sterni from one side to the other.  *(A change from resonant to dullness indicates possible retrosternal goitre).* |  |  |  |
|  | **Auscultation** |  |  |  |
|  | Auscultate the thyroid over each lobe for bruits. |  |  |  |
|  | **After the examination** |  |  |  |
|  | Ensure that the patient is comfortable. |  |  |  |
|  | Make explanations to the patient, answer his/her questions and discuss management plan. |  |  |  |
|  | Dispose waste material according to infection control standards. |  |  |  |
|  | Wash hands. |  |  |  |
|  | Document the procedure. |  |  |  |

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