

General status.

Head and neck examination.

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Evaluation of patient's general condition.

The overall impressions

- Patient`s behavior
- Consciousness
 - Glasgow Coma Scale (GCS)

Glascow Coma Scale (GCS)

A. opening eyes

- 4 points - spontaneous
- 3 points - on command
- 2 points - to painful stimuli
- 1 point - not open his eyes

B. Verbal contact

- 5 points - the logical answer, patient-oriented as to time, place and self
- 4 points - the answer tangled patient, confused
- 3 points - the response is inadequate, off-topic or cry
- 2 points - unintelligible sounds, whine
- 1 point - no reaction

C. Movement reaction

- 6 points - serving motion verbal commands, sign language
- 5 points - movements deliberate, patient localizes painful stimulus
- 4 points - a defensive reaction to pain, withdrawal, try to remove the stimulus of pain
- 3 points - pathological reaction, spasms, debarking
- 2 points - pathological response: extension, decerebration
- 1 point - no reaction

Disturbances of consciousness:

GCS 13 - 15 - mild

GCS 9 - 12 - moderate

GCS 3 - 8 - deep = coma.

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C. Movement reaction:

6 points - serving verbal or sign language commands

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Assessment of the patient's general status

- **Body position**

- optional
- forced

- **body structure**

- **asthenic**
- **picnic**
- **athletic**
- **incorrect**

- **nutritional status**

- obesity
- correct weight
- cachexia
- **BMI**

BMI (body mass index)

- height
- weight

$$\text{BMI} = \frac{\text{weight [kg]}}{\text{height [m]}^2}$$

Meters – not centimeters !!!

Skin and subcutaneous tissue

- **The color of the skin**
 - **pale-pink = normal**
 - **flushed (tan, alcoholism, polycythemia, CO poisoning)**
 - **pale (heart failure, bleeding, anemia, peripheral vasoconstriction)**
 - **cyanosis = deoxygenation of hemoglobin**
 - **local**
 - **general**
- **jaundice (cornea, mucous membranes, skin)**
- **brown -> Addison disease**

Skin and subcutaneous tissue

- **scars**
- **stretch marks**
- **lipodystrophy**
- **hairs**
 - **male type**
 - **female type**
 - **excessive**
- **trophic skin changes**
- **ulcerations**
- **lipodermatosclerosis**
- **white atrophy**
- **bedsores**

Skin and subcutaneous tissue

- **Collateral circulation of blood in the skin**
 - eg. liver cirrhosis
- **temperature of the skin**
- **skin tension**
- **skin moisture**
- **increased sweating / dry**
- **oedemas**
 - local
 - generalized
 - the lowermost body parts

Mental status evaluation

The most common symptoms of psychological disorders requiring immediate action include:

- suicidal tendencies
- keeping dangerous for the environment
- strong anxiety.

Mental status evaluation

The behavior and appearance - assessment of psychomotor drive and functioning will

- agitation
- stupor
- obsessive activities
- impulsive actions

Mental status evaluation

Orientation - whether the patient knows:

- who he is
- where he is
- is well-versed in time

The emotional state:

- **anxiety**
- **fear**
- **tension**
- **depressed mood (depression, sadness)**
- **increased mood (mania, hypomania, euphoria)**
- **wrath**
- **anger**
- **indifference**

Face

Facial expression:

- pain
- anxiety
- depressed mood
- fatigue
- mental retardation, infantilism
- premature aging

Skull

Watching

- shape
- scars (injuries, fractures, operations)

Percussion, compression

- bone pain
 - in bones inflammation, brain tumors
 - excessive excitability of the nervous system
- pain of pressure points of nerve V
- neuralgia of nerve V

„On-the-spot diagnosis“

Myxoedema (hypothyroidism):

- mask-face
- swollen eyelids
- dry, scaly skin

„On-the-spot diagnosis“

Graves-Basedow disease, hyperthyroidism:

- vivacious mimic
- shining eyes
- egzophthalmia
- clammy skin

„On-the-spot diagnosis“

Acromegaly (pituitary adenoma):

- sunken eyeballs
- prominent zygomatic arches
- large, thickened nose
- thickened lips
- prognathism
- lower lip curled out
- large tongue (not housed in the mouth)

„On-the-spot diagnosis“

- Facial nerve palsy:
 - facial asymmetry
 - drooping of naso-labial fold
 - smoothing of wrinkles
 - "dragging" on the healthy side face

Parkinson's disease:

- lack of facial expression
- slowdown
- drooling over, salivation

Chorea (chorea minor):

- involuntary movements - chaotic, vivid facial expressions

„On-the-spot diagnosis“

Systemic sclerosis (scleroderma):

- the disappearance of wrinkles
- immobile forehead
- unlocked eyelids
- tightening and thinning of the nose and lips
- immobile face

Cushing's syndrome

- full moon like face

Anemia:

- pale skin

„On-the-spot diagnosis“

Cachexia (eg. cancer disease):

- sunken cheeks
- sunken eyeballs
- protruding zygomatic arches
- pale, sallow skin

Facies mitralis (mitral valve defect):

- butterfly-shaped erythema

Eyes

Swelling of the eyes:

- glomerulonephritis
- nephrotic syndrome
- Graves-Basedow`s disease
- inflammation
- senile flabbiness imitating subcutaneous tissue swelling

Eyes

Horner`s syndrome:

- narrowing of the eyelid as a result of superior eyelids falling (ptosis palpebrae sup.)
- eyeball falling (enophthalmus)
- pupillary constriction (myosis) - paralysis of sympathetic nerve



- ✓ mediastinal tumors
- ✓ lung cancer (at the top of the lungs)
- ✓ aneurysm of thoracic aorta



Horner`s syndrome-right eye:
· miosis
· ptosis

Conjunctiva:

- pallor - anemia
- redness - inflammation
- red eyes syndrome
 - uremia, deposition of Ca salt

Exophthalmos (egzophthalmus):

indicative assessment - eg. a comparison with photos from the past

- Supposed exophthalmia - Dalrymple`a symptom - extended eye gap
- **True exophthalmia: accompanied by swelling of the eyelids and orbital area**

Cornea

- scarring after injuries
- smallpox with involvement of the eyeball
- inflammation
- congenital syphilis

Cataract - lens opacities

- related to the age
- post-traumatic
- complication of diabetes

Pupils

Anisocoria - unequal pupil width

- CNS diseases (cancer, inflammation, etc.)
- lung and pleura diseases (at the top of the lung)
- aortic aneurysm

Pupils

Wide pupils - mydriasis



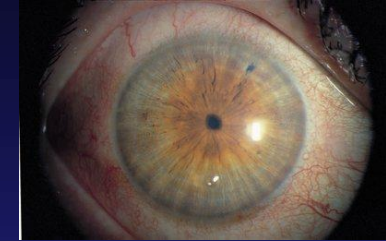
- atropin, scopolamin intoxication
 - ethylic poisoning (ethylic coma)
 - helminthiasis (infestation with parasitic worms)
 - emotional hyperactivity
- lack of reaction to the light



Atropa belladonna
- The forest bush

Pupils

Narrow pupils (myosis)



- morphine and opium poisoning
 - uremic coma
 - meningitis, brain tumors, other diseases of the CNS
 - **unilateral** constriction of the pupil: → component of Horner`s syndrome
 - mediastinal tumors
 - aortic aneurysm
- the causes of Horner`s syndrome

Pupils

The reaction to the light



- pupillary constriction following the sudden illumination of the eye

Ears

- tophi (on the earlobes) - gout
- thin ear - scleroderma
- cyanosis of the earlobes - diseases of the respiratory and circulatory system
- the secretion from the ear - otitis media with perforation of the eardrum

Nose

- deformation:
 - ★ after injuries (nose fighter)
 - ★ syphilis (sadle-form)
 - ★ alcoholism (large, red-blue, telangiectasiae)
 - ★ cretinism (flattened, wide)
- cyanosis - a disease of the respiratory and circulatory system
- rosacea - a viral disease
- nasal obstruction:
 - polyps
 - septum of the nose
 - inflammation of the nasal mucosa

Lips

- herpes (herpes simplex infection)
- malformations (cleft lip - labium leparinum)
- dryness, cracking - fever
- excessive thickening - acromegaly
- excessive slenderness - scleroderma
- thickening of the lower lip - cretinism

Tongue

- makroglosia - acromegaly, myxoedema, inflammation
- swerving tongue - hemiplegia
- tremor - an hyperthyroidism, alcoholism, exhaustion
- raspberry-color tongue - scarlet fever
- white-red (white in the middle and red at the edges) - typhoid
- fungal changes

Tongue

- Hunter`s tongue - the disappearance of papillae
(Addison-Biermer syndrome)
- dry - fever, dehydration
- ulcer - cancer, tuberculosis
- atrophic - Fe deficiency

Neck

1. short and thick - in people with stocky body build
2. often in emphysema and asthma
3. long and thin - in asthenics
4. swollen - in phlegmon oral cavity bottom

Bimanual examination of cervical lymph nodes



Cervical lymph nodes

Enlarged lymph nodes:

- leukemia
- tumor metastasis
- diphtheria
- scarlet fever
- inflammation in the oral cavity

Lymph nodes:

- painful - inflammation
- hard, non-movable - metastases
- packets – Hodgkin`s disease

Thyroid gland

1. Watching
2. Palpation (bimanual)
3. Auscultation

1. Goitre:
 - ✓ **parenchymal**
 - ✓ **nodular**
 - ✓ Hashimoto's disease
 - ✓ Riedel`s goitre
2. Graves – Basedow disease
3. thyroiditis

Parenchymal goitre: (struma parenchymatosa):

- thyroid gland enlarged
- symmetrical
- smooth
- soft
- painless

Nodular goitre: (struma nodosa):

- palpable one or more nodules
- nodules in different locations
- irregularly enlarged thyroid gland
- uneven compactness