



9

Head and Neck

LEARNING OBJECTIVES

After studying Chapter 9 in the textbook and completing this section of the workbook, students should be able to:

1. Conduct a history related to the head and neck.
2. Discuss examination techniques for the head and neck.
3. Identify normal age and condition variations to the head and neck.
4. Recognize findings that deviate from expected findings.
5. Relate symptoms or clinical findings to common pathologic conditions.

TEXTBOOK REVIEW

Chapter 9 Head and Neck (pages 251–277)

CONTENT REVIEW QUESTIONS

Multiple Choice

Circle the correct answer for each of the following questions.

1. In which group is a slight enlargement of the thyroid gland considered a normal finding?
 - a. infants
 - b. adolescents
 - c. pregnant women
 - d. Native Americans
2. The examiner notes a nodule on the thyroid gland of a 42-year-old male. What additional finding is suggestive that this may be malignant, requiring further evaluation? The:
 - a. patient's voice has become progressively hoarse over the last few months.
 - b. examiner palpates multiple nodes on both lobes of the thyroid.
 - c. cervical lymph nodes are not palpable.
 - d. patient states that his mother and sister both have bumps on their thyroids.

3. Which of the following questions is appropriate to ask a female patient with a suspected thyroid problem?
 - a. "How much alcohol do you drink?"
 - b. "Have you noticed a change in your sleep pattern or energy level?"
 - c. "Do you have headaches?"
 - d. "Are you currently menstruating?"
4. An infant with an alcoholic mother is admitted to the hospital with fetal alcohol syndrome. What assessment finding is consistent with this syndrome?
 - a. ear dysplasia
 - b. moon face
 - c. torticollis
 - d. thin upper lip
5. Which of the following findings in an elderly patient would be considered a normal process of aging?
 - a. narrowed palpebral fissures
 - b. pulsating fontanels
 - c. uneven movement of the tongue
 - d. fibrosis of the thyroid gland
6. Assessment of an infant's fontanels is best performed while the infant is:
 - a. calm and in an upright position.
 - b. sleeping in a lateral position.
 - c. supine and awake.
 - d. held at a 45-degree angle.
7. A patient reports a severe headache accompanied by nausea, vomiting, and intolerance to light. These symptoms are consistent with which type of headache?
 - a. temporal
 - b. migraine
 - c. cluster
 - d. traumatic
8. A 6-month-old infant is brought to the clinic for immunizations. While examining the baby, the examiner notes that the anterior fontanel has not closed. What is the significance of this finding? This:
 - a. indicates a slight developmental delay.
 - b. suggests a nutritional deficiency.
 - c. is consistent with hydrocephaly.
 - d. is a normal finding.
9. What clinical finding may accompany thyroid hypertrophy in hyperthyroidism?
 - a. multiple nodules on thyroid gland
 - b. indentation of thyroid gland in the right and left lobes
 - c. vascular bruit auscultated over thyroid gland
 - d. swelling of the face
10. Preterm infants often have:
 - a. long, narrow heads.
 - b. broad nose bridges.
 - c. low-set ears.
 - d. webbed necks.

11. The presence of a nodular thyroid is a normal finding in:
 - a. infants.
 - b. adolescents.
 - c. pregnant women
 - d. older adults.

12. Neck webbing, excessive posterior cervical skin, and a short neck are signs associated with:
 - a. Asian heritage.
 - b. chromosomal anomalies.
 - c. Cushing's syndrome.
 - d. malnutrition.

13. Transillumination of the skull should be performed:
 - a. on infants of diabetic mothers.
 - b. on infants with a history of traumatic birth.
 - c. when an infant has a facial nerve palsy.
 - d. on infants with suspected intracranial lesions.

14. Which of the following findings suggests an inflammation of the thyroid gland?
 - a. gritty sensation when the thyroid is palpated
 - b. movement of the thyroid when patient swallows
 - c. vertical ridges palpated on the thyroid gland
 - d. swollen and red skin overlying the thyroid gland

15. A patient demonstrates asymmetry of the mouth. The examiner suspects a problem with the:
 - a. inferior facial nerve.
 - b. thyroid gland.
 - c. peripheral trigeminal nerve.
 - d. salivary duct.

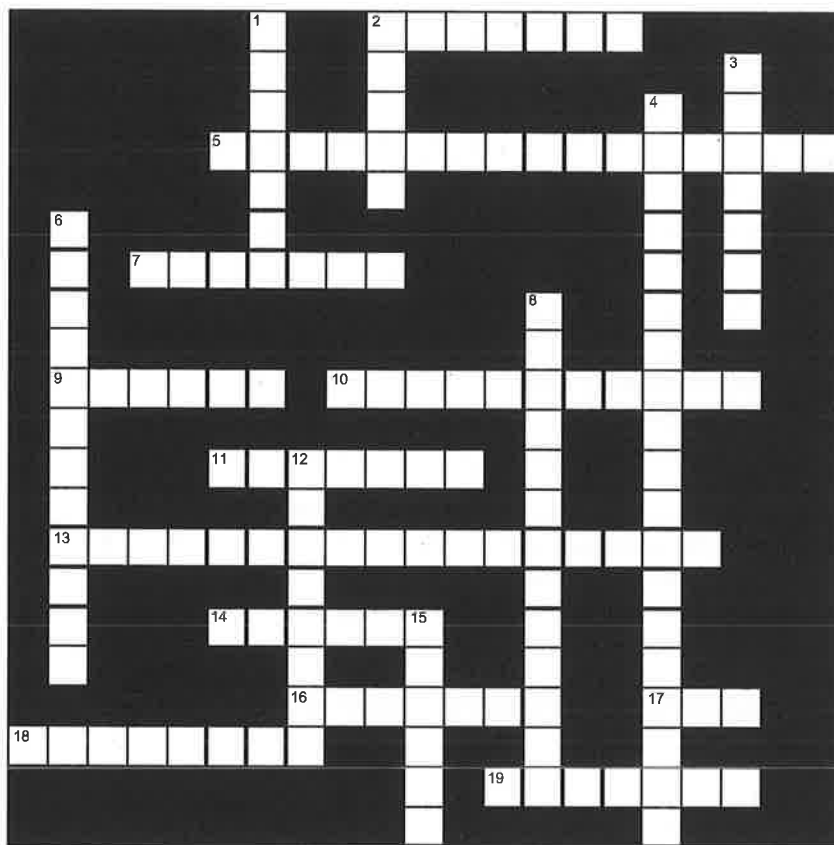
Terminology Review

Matching

Match each type of headache to its corresponding characteristic.

Type of Headache	Characteristic
16. _____ Hypertensive headache	a. May be brought on by extreme anger
17. _____ Classic migraine	b. May be brought on by alcohol consumption
18. _____ Muscular tension headache	c. Associated with a well-defined prodromal event
19. _____ Headache from temporal arteries	d. Begins in morning and decreases as day progresses
20. _____ Cluster headache	e. Age of onset typically older adult

Crossword Puzzle



Across

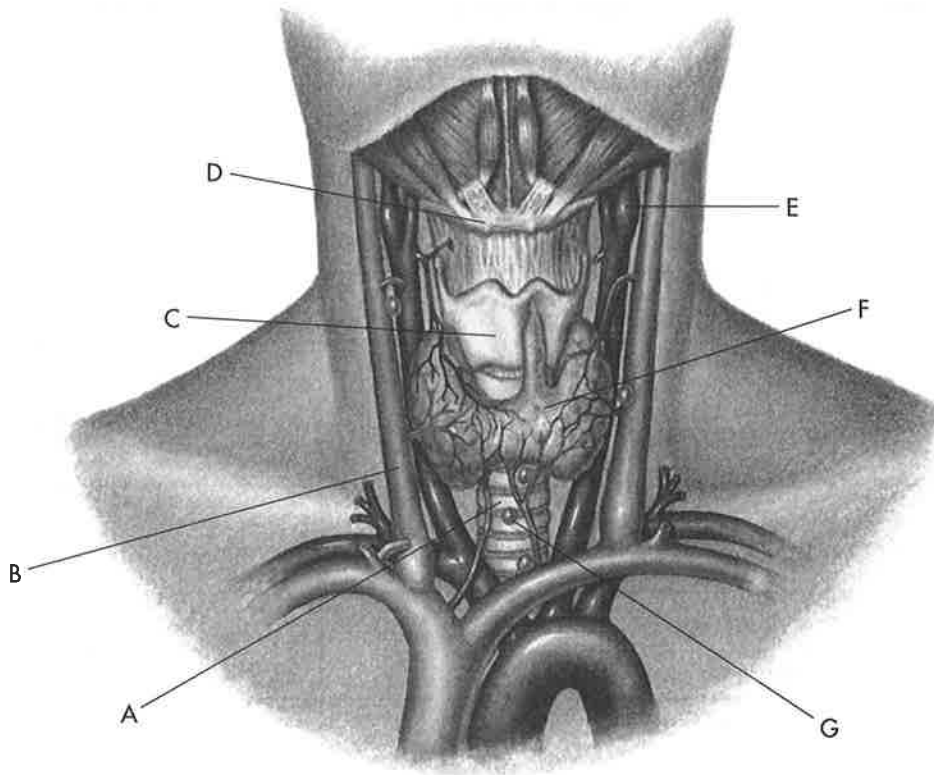
- 2. Condition of fontanel that may indicate increased intracranial pressure
- 5. Results from premature closing of sutures
- 7. Result of shifting and overlapping of bones during vaginal delivery
- 9. Appearance of face, head, neck that is characteristic of a condition
- 10. Wry neck
- 11. Sign associated with increased intracranial pressure after fontanels are closed
- 13. Procedure to evaluate suspected intracranial lesion or increasing head circumference in infants
- 14. Thyroid disease characterized by exophthalmia
- 16. Expected position of trachea
- 17. Spasmodic contractions of face, head, or neck
- 18. Characterized by mucinous edema of face
- 19. Excessive posterior cervical skin

Down

- 1. Largest endocrine gland
- 2. May be detected in hypervascular thyroid
- 3. Third fontanel common in Down syndrome
- 4. Extends from upper sternum to mastoid process
- 6. Begins in sutures after brain growth is completed
- 8. Protrusion of nervous system tissue through a defect in the skull
- 12. "Mask of pregnancy"
- 15. Produced by parotid, submandibular, and sublingual glands

Anatomy Review

On the diagram below, identify the structures in the neck by writing the correct term in the corresponding lettered answer space. Use each term once.



carotid artery
hyoid bone

lymph node
trachea

cricoid cartilage
jugular vein

thyroid gland

- a. _____
- b. _____
- c. _____
- d. _____

- e. _____
- f. _____
- g. _____

CONCEPTS APPLICATION

Complete the table below by providing the differences in the physical appearance and demeanor of a patient with hyperthyroidism and one with hypothyroidism.

<i>System or Structure</i>	<i>Hyperthyroidism</i>	<i>Hypothyroidism</i>
Weight		
Emotional state		
Temperature preference		
Hair		
Skin		
Neck		
Gastrointestinal		
Eyes		

CASE STUDY

Rob is a 44-year-old carpenter who comes to the emergency room complaining of a severe headache. Listed below are data collected by the examiner.

Interview Data

When the examiner attempts to ask Rob about the headache, he cries out, "I can't take this any more—it hurts too much." His wife says that Rob has been getting these headaches a couple of times a day for the last week now—sometimes at night—so he has not been sleeping well. She also indicates that he had headaches like these about a year ago and that they lasted about a month. When Rob is asked if he experiences nausea or sensitivity to light, he replies, "No, I just get a stuffy nose." His wife says that Rob is constantly worried about whether—and when—the headache will come back because, as she says, "We don't know what is causing them, and nothing seems to help them go away." She says Rob feels like all he can do is hold his head and pray that the pain will stop.

Examination Data

General survey: Alert, well-nourished male of average weight, in moderate distress. He is unable to lie still and paces the floor around the examination area, holding the left side of his head (over his eye and forehead).

Head and neck: Skull is intact, with no lumps, depressions, or tenderness. No abnormalities are found with facial structures. The head is centered on the neck; the trachea is midline. Thyroid is in midline position and of normal size.

1. What data deviate from normal findings, suggesting a need for further investigation?
2. What additional questions could be asked by the examiner to clarify symptoms?
3. What additional examination data should be assessed?
4. What kind of problems do you anticipate this patient will have?

CRITICAL THINKING

1. What role does the technique of percussion play in the examination of the head and neck?
2. What role does the technique of auscultation play in the examination of the head and neck?