



# **Neck & Cervical Assessment**

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## **Objectives:**

At the end of this lab the student will be able to:

1. Demonstrate the ability to safely and accurately complete a comprehensive examination of Neck, and Lymph Nodes.
2. Demonstrate the ability to accurately & comprehensively document assessment data in organized and legible manner.
3. Evaluate assessment data to determine problems and identify client's concerns.

# PREPARATION

- I. Nurse
- II. Environment
- III. Client
- IV. Equipment

## Equipment:

- I. Stethoscope
- II. Cup of water

## **Subjective data:**

1. Lumps or swelling
2. Neck injury
3. Neck pain, limitation of motion
4. History of neck surgery

## **Inspect neck for the following:**

### **Appearance:**

Normal :Symmetrical, centered head position

### **Movement:**

Smooth, controlled movements; range of motion


(ROM) from:

Flexion = 45 degree

Extension = 55 degree

Lateral abduction = 40 degree

Rotation = 70 degree



Abnormal :Asymmetrical , mass benign or •  
malignant ,client may complains pain with  
flexion or rotation ,pain associated muscle  
spasm cause by meningitis , generalized  
discomfort may related to trauma, inflammation  
of muscle or vertebral disease

# Palpation

## **Palpate trachea for position**

(tracheal rings, cricoid & thyroid cartilage).

Midline position; symmetrical

## **Palpate thyroid for the following:**

### **Position**

Characteristics, landmarks

Midline ,Smooth, firm, no tender

Ask the client to drink sips of water normally thyroid move upward .The movement not visible in males the thyroid cartilage large or Adam's apple is more prominent than in females

## Guidelines for palpating thyroid:

- Stand behind client & position hands with thumbs on nape of client's neck.
  - Ask client to flex neck forward & to the right, & use fingers of the left hand to displace thyroid to the right.
  - Palpate the right lobe using the right fingers while client swallows small sips of water.
  - Repeat procedure to examine the left lobe.
- (Note: ability to see or palpate the thyroid varies considerably with client thyroid size & body build).



A. Palpation of the thyroid from behind



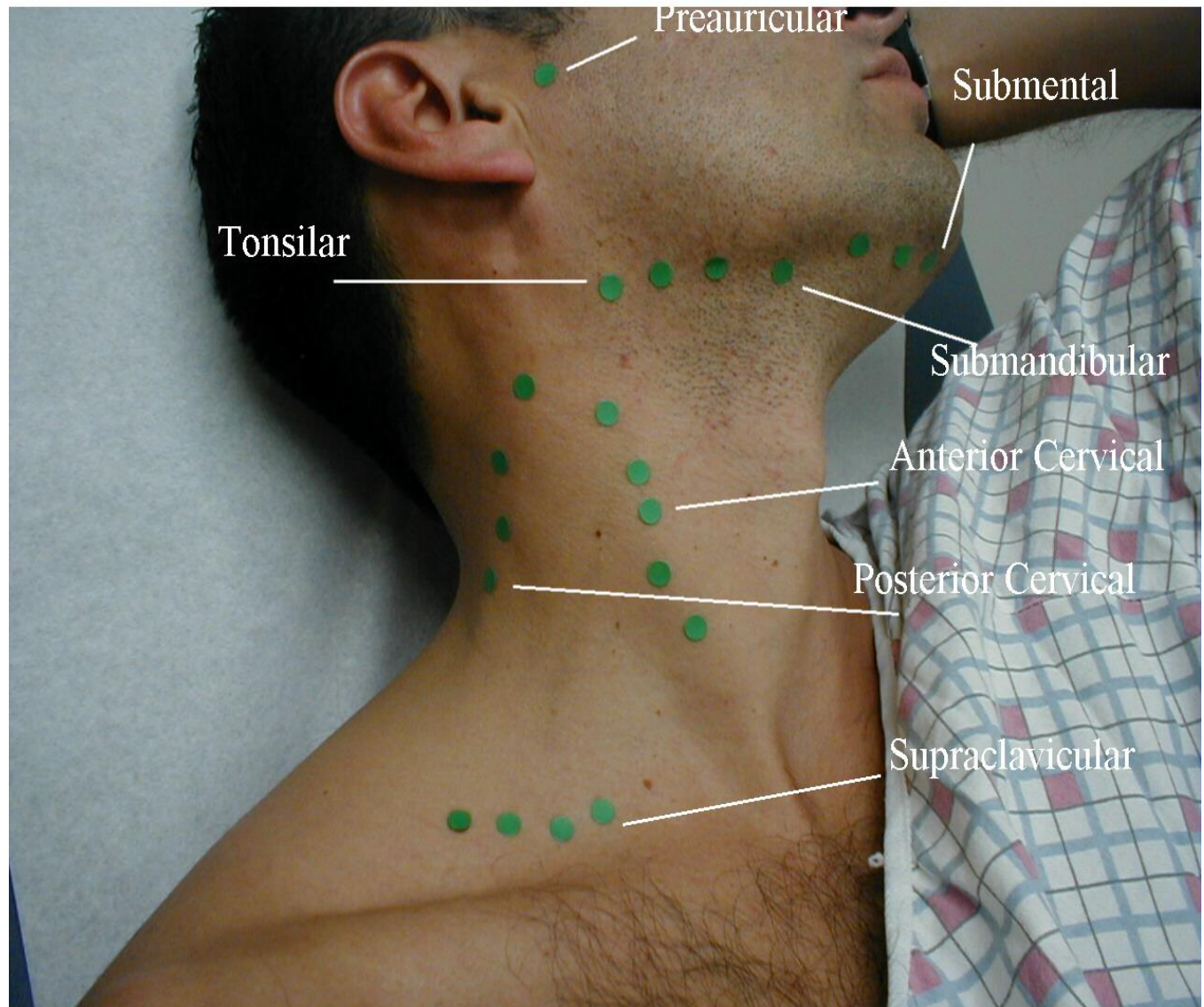
B. Palpation of the thyroid from in front

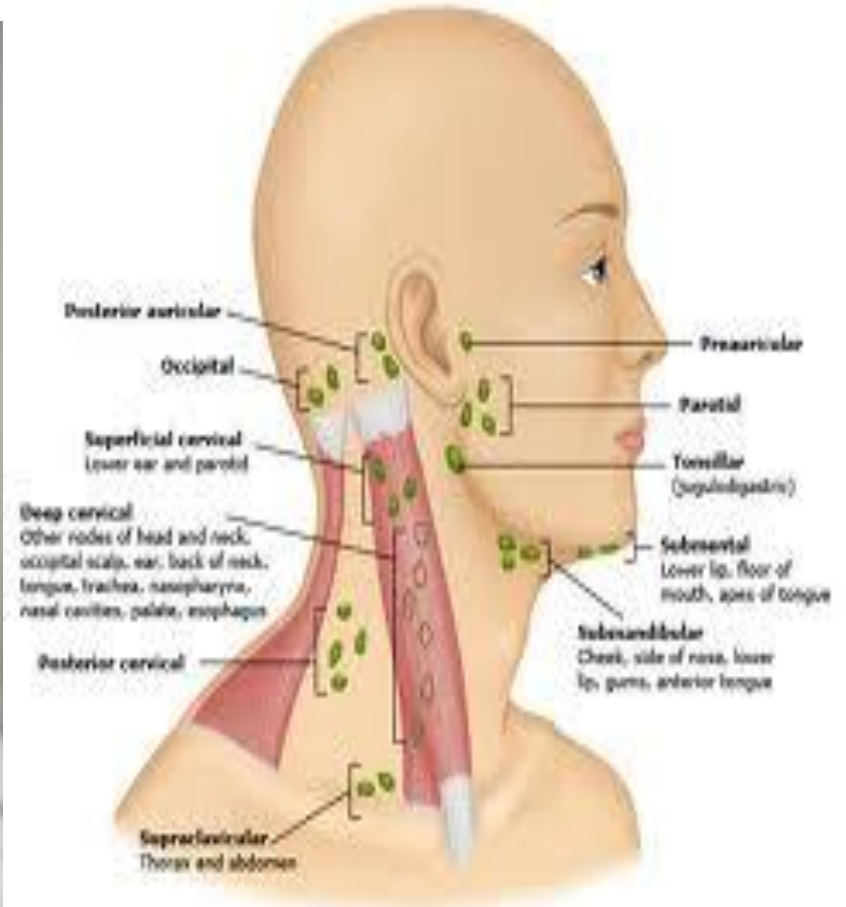
## Palpate cervical lymph nodes for the following:

Size & shape:	Cervical lymph nodes are usually not palpable. If palpable, they should be 1cm or less & round.
Delineation:	Discrete
Mobility:	Mobile
Consistency:	Soft
Tenderness:	No tender

## Lymph Nodes

- 1- Preaurical ✓
- 2- Postaurical ✓
- 3- Occipital ✓
- 4- Tonsillar ✓
- 5- Submandibular ✓
- 6- Submental ✓
- 7- Anterior cervical chain (deep cervical) ✓
- 8- Posterior cervical chain ✓
- 9- Supraclavical ✓









# Ascultation

Use bell to assess bruit sound