

# Head and Neck Assessment

## Patient information

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Contact information: \_\_\_\_\_ Date of assessment: \_\_\_\_\_

### Medical history

## Preparation

- Ensure the patient is comfortable and understands the procedure.
- Gather all necessary supplies (penlight, tongue blade, nonsterile gloves, etc.).
- Remove any accessories or clothing that might obstruct the view of the head and neck.
- Confirm patient identification.

## Assessment procedure

### I. Inspection

#### A. Head and face

*Procedure: Inspect the skin for color, texture, symmetry, swelling, masses, or deformities. Assess facial expressions and movements.*

Documentation:

#### B. Nose

*Procedure: Examine the external nose for drainage, obstructions, or any visible deformities.*

Documentation:

### **C. Oral cavity**

*Procedure: Evaluate the oral cavity, including the tongue, uvula, and throat. Look for lesions, abnormal positions, and tonsil enlargement.*

Documentation:

### **D. Neck**

*Procedure: Visually inspect the neck for asymmetry, masses, deformities, or tracheal deviation.*

Documentation:

## **II. Palpation**

### **A. Cranium**

*Procedure: For infants, observe head control and muscle strength. Palpate the scalp and cranium to check for masses, indentations, or signs of skin breakdown.*

Documentation:

### **B. Lymph nodes**

*Procedure: Systematically palpate the lymph node groups for size, tenderness, or irregularities.*

Documentation:

### **C. Cervical spine**

*Procedure: Palpate the cervical spine and surrounding muscles to detect any pain, spasms, or masses.*

Documentation:

### III. Additional assessments

#### A. Cranial nerve evaluation

*Procedure: Test facial sensation and motor function by assessing movements and responses.*

Documentation:

#### B. Swallowing assessment

*Procedure: Observe the patient's ability to swallow, noting any difficulties or abnormal patterns.*

Documentation:

#### C. Speech evaluation

*Procedure: Assess the clarity and articulation of the patient's speech during conversation.*

Documentation:

#### D. Cervical range of motion

*Procedure: Evaluate the range of motion of the cervical spine by asking the patient to perform flexion, extension, lateral bending, and rotation.*

Documentation:

#### E. Ear inspection

*Procedure: Inspect the external ears for any abnormalities, discharge, or deformities.*

Documentation:

## Results and summary of findings

### I. Inspection and palpation summary

### II. Additional assessments summary

## Additional notes

## Healthcare professional information

Name: \_\_\_\_\_ License ID number: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_