

Hypoglossal Nerve Test

Name	Date
Age	Sex

A Hypoglossal Nerve Test, also known as a hypoglossal nerve examination or hypoglossal nerve function assessment, is a medical procedure used to evaluate the function of the hypoglossal nerve (cranial nerve XII). The hypoglossal nerve is responsible for controlling the movement of the tongue, primarily involved in speaking, swallowing, and chewing.

Instructions

1. Ask the patient if they have any concerns or issues related to their tongue movement or speech. This will help you gather relevant information before the test.
2. Take a good look at the patient's tongue. Look for any signs of atrophy, twitching, or unusual movements. If you spot anything, jot it down for further evaluation.
3. To check the strength of the tongue, ask the patient to push their tongue against the inside of their cheek. Observe how well they can maintain pressure. If there's weakness, note it down.
4. Now it's time to evaluate the coordination of the tongue. Ask the patient to stick out their tongue and move it from side to side. Look for smooth movements and note any difficulties or deviations.
5. Have the patient touch the roof of their mouth with the tip of their tongue, then move it back as far as possible. Check if they can perform these movements without any limitations.
6. Apply gentle resistance with your hand while the patient tries to push their tongue against it. Assess their ability to maintain resistance and note any weakness or fatigue.
7. Ask the patient to speak some words or phrases that involve tongue movement, such as "red leather, yellow leather." Listen for any slurring or difficulty in pronunciation.
8. Record your observations, including any abnormalities or concerns you noticed during the test. This will help in creating an accurate assessment.

Reminders

- Ensure a comfortable and relaxed environment for the patient.
- Explain each step of the test to the patient before performing it.
- Use clear instructions and demonstrations to guide the patient.
- Be patient and encouraging throughout the test to help the patient feel at ease.
- Maintain professionalism while also establishing a friendly rapport.
- Clean any equipment used during the test for infection control purposes.

Patient's medical history

Findings	
Assessment	Remarks
Visual Inspection	
Strength Assessment	
Coordination Assessment	
Range of Motion Assessment	
Tongue Resistance Test	
Speech Evaluation	
Additional notes	