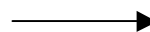


# Thyroid Exam

## History

- Complaint swelling in neck ⇒ lump q's:

- Duration
- 1<sup>st</sup> symptom
- other symptoms
- progression
- persistence
- multiplicity
- ICE



- Hoarseness
- Swallowing
- choking

- ?lymphadenopathy:
  - ?ulcers in mouth
  - ?ENT problems
  - ?other lymph nodes
- goitre
- ?eye problems
- systemic enquiry of thyroid:
  - general – hot/cold, appearance
  - GI – weight, appetite, bowels
  - CVS/resp – palpitations, SOB
  - CNS – psychological, tremor
  - Gynaecology – periods

## Local Examination

[Get patient to stand up prior to exam and move chair forward]

↳ testing prox mm strength too

- Remember anatomical triangles
- Should examine:
  - General exam
  - Eye exam
  - Activity of gland

## Inspection

- General appearance from **front & side (look closely!!)**:
  - ?toad like face
  - ?thyroid status
  - ?collar scar – thyroidectomy
  - ?neck veins
- do JVP – malignant erosions may ⇒ ↑JVP
- confirm thyroid:
  - sip water ⇒ hold in mouth ⇒ swallow (thyroid lump will move up with swallow)
  - open mouth THEN stick tongue out (only a thyroglossal lump will move up with tongue)

↳ thyroid sits C4-C6

## Palpation

[do from behind! Must tell pt to report ANY pain immediately]

- Ax at front & back:
  - Site
  - Size
  - Shape
  - Tenderness
  - Movement

NB ?goitre- is it smooth or nodular?

- >4cm ≈ malignancy
- multinodular ≈ hypothyroid & malignancy are rare
- single lump ~10% malignant

↳ press one side across and palpate over opposite lobe  
then palp central isthmus

- Do more water sipping while holding mass
- **Feel all other lymph nodes**

### Percussion

- percuss for retrosternal goitre down sternum

## Systemic Exam

### Ax Recurrent Laryngeal Nerve

- repeat sentence
- cough ?high pitched
- sing high pitched note

### Hands:

- Look – nails (clubbing) and palmar erythema
- ?tremor – use paper on back of hands

### Arms:

- Pulse - ?AF, ?tachycardia
- test prox weakness – chicken wings

### eyes:

- lid lag – move hand down v slowly
- exophthalmus – sclera visible all around
- proptosis – eye visible from above
- ophthalmoplegia –
  - H test
  - Pupil reactions

### Shins – pretibial myxedema

↳(hypo & Graves)

### CNS – reflexes: arms and legs

↳turn around and kneel on chair for ankle

- Hyper ≈ brisk
- Hypo ≈ slow relaxing

### LL Proximal myopathy – stand up from chair with arms folded and walk

↳if didn't do it at start!!

### Typical Findings

- Sweating
- Palmar erythema
- Acropatchy
- Oncholysis
- Vitiligo
- ↑HR, ?AF
- tremor

### Hyperthyroid

#### History

- ↓weight – despite ↑apetite
- hates hot temps
- sweating
- diarrhoea
- tremor
- irritability
- emotionally labile
- psychosis
- short/no periods

### Hypothyroid

#### History

- Tiredness
- Lethargy
- ↑weight
- constipation
- dislike of cold
- prolonged/profuse menses
- hoarse voice
- depression
- myalgia

### Graves

- Acropatchy
- Ophthalmoplegia
- proptosis