

# Cervical Lymph nodes examination

Steps			
<b>The student:-</b>			
1- Introduces himself to the patient and take permission .			
2- Explains the procedure to the patient .			
3- Examines all lymph nodes ( except abdominal nodes ) by the index & middle fingers by rolling perpendicular to the direction of the lymph nodes.			
4. Examines all lymph nodes during relaxation of surrounding skin & muscles ( i.e tilt the head towards the side of the examination ) .			
6- Wash your hands .			
<b>I- General examination:</b> <ul style="list-style-type: none"> <li>• Examine all parts of the body to detect the cause ( eg. Septic focus , T.B ,malignancy... etc)</li> <li>• Examine all accessible lymph nodes except the presenting group (local exam .)</li> </ul>			
<b>11- Local examination:</b> <b>★ Inspection :</b> A- <b>Swellings :</b> Comments on the followings:- (8S) <ul style="list-style-type: none"> <li>• Number : multiple</li> <li>• Site: anatomical site of lymph nodes.</li> <li>• Size : in cm ( uniform , variable orSatellite appearance )</li> <li>• Shape : rounded or oval .</li> <li>• Surface .</li> <li>• Surrounding structures including :-               <ul style="list-style-type: none"> <li>- Skin : for sinus or ulcer .</li> <li>- Muscles : ask the patient to contract the muscle against resistance &amp; note the degree of prominence (superficial or deep ) .</li> </ul> </li> <li>• Special sign eg. Pulsation....etc</li> <li>• Other swellings eg. Iry tumour.</li> </ul> B- <b>The drained area</b> for any primary lesion ( ulcer , swelling , inflammation)			

<p>★ <b>Palpation :</b></p> <p><b>A- Swellings: ( 8S + 2T + CEM )</b></p> <ol style="list-style-type: none"> <li>1- Confirm inspection ( 8S )</li> <li>2- Temperature.Tenderness. (2T )</li> <li>3- Consistency : <ul style="list-style-type: none"> <li>Cystic ( cold abscess ) or</li> <li>Solid ( soft , firm or hard )</li> </ul> </li> <li>4- Edge : well or ill-defined ( press against the edge by index finger )</li> <li>6- Mobility.</li> </ol> <p><b>B- The drained area.</b></p>			
<p>★ <b>Palpation of cervical lymph nodes:-</b></p> <ul style="list-style-type: none"> <li>• Patient is in <i>sitting</i> position .</li> <li>• <b>Exposed</b> from upper chest .</li> <li>• <b>Relax</b> the neck of the patient (if possible by tilting the head toward the side of examination )</li> <li>• <b>First , stand in front</b> of the patient to examine Waldeyer's ring during opening of mouth &amp; using tongue depressor.</li> <li>• flex the neck to examine the followings :-</li> </ul> <ol style="list-style-type: none"> <li>1- <b>Submental</b> lymph node</li> <li>2- <b>Submandibular</b> lymph nodes Tilt the head to one side &amp; roll the nodes on the lower border of mandible .</li> <li>3- <b>Prelaryngeal</b> lymph nodes (on cricothyroid membrane ) .</li> <li>4- <b>Pretacheal</b> lymph nodes (on tracheal rings).</li> </ol>			
<ul style="list-style-type: none"> <li>• <b>Then stand behind</b> the patient and palpate bilaterally at the same time the following lymph nodes :-</li> </ul> <ol style="list-style-type: none"> <li>1- <b>Buccal</b> nodes (on buccinator muscle)</li> <li>2- <b>Pre-auricular</b> lymph nodes ( in front of tragus of the auricle ) .</li> <li>3- <b>Parotid</b> lymph nodes( below of the auricle ) .</li> <li>4- <b>Post - auricular</b> lymph nodes( behind the auricle over the mastoid process ) .</li> </ol> <ul style="list-style-type: none"> <li>• Stand behind the patient and palpate on one side (while tilting the head to same side ) followed by the other side the following lymph nodes :-</li> </ul> <ol style="list-style-type: none"> <li>5- <b>Occipital</b> lymph nodes : <ul style="list-style-type: none"> <li>- Tilt the head to postero-lateral side with the fingers facing upwards in the apex of posterior triangle of the neck .</li> </ul> </li> <li>6- <b>Upper deep</b> cervical nodes : <ul style="list-style-type: none"> <li>- Roll deep to upper part of sternomastoid .</li> </ul> </li> <li>7- <b>Tonsillar</b> lymph node( just below &amp; behind angle of mandible )</li> <li>8- <b>Lower deep</b> cervical nodes:</li> </ol>			

<p>- Roll deep to lower part of sternomastoid</p> <p>9- <b>Supraclavicular</b> lymph nodes ( palpate bilaterally at the same time)</p>			
<p>★ Recently cervical lymph nodes are described into 6 levels as followings :</p> <ul style="list-style-type: none"> <li>● <b>level 1</b> : Submental and Submandibular lymph nodes .</li> <li>● <b>level 2</b> : Upper deep cervical lymph nodes .</li> <li>● <b>level 3</b> : Middle deep cervical lymph nodes .</li> <li>● <b>level 4</b> : Lower deep cervical lymph nodes .</li> <li>● <b>Level 5</b> : Posterior triangle &amp; Supraclavicular lymph nodes .</li> <li>● <b>level 6</b> : pretracheal &amp; prelaryngeal lymph nodes .</li> </ul>			