



Educational Resources in International Languages

EXAMEN DU COU



Translated from English to French by:

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1. Présentez-vous et demandez la permission d'examiner**2. Assurez-vous que le cou est suffisamment découvert – Déplacez le patient si nécessaire****3. Examinez – Depuis l'avant et le côté**

Cherchez :

- L'état général du patient – cachectique ?
- Des grosseurs/gonflements ou de l'asymétrie au cou
- Des cicatrices
- Des changements cutanés suite à une radiothérapie ex., télangiectasie
- De l'asymétrie faciale, ex.paralysie suite à une chirurgie

4. Placez-vous derrière le patient et palpez systématiquement le cou

- Souvenez-vous de prévenir le patient que vous allez commencer à palper son cou et de lui demander s'il ressent une douleur ou une sensibilité.
- Palpez pour rechercher des grosseurs/ganglions lymphatiques au cou. Assurez-vous que vous examinez systématiquement tant le triangle antérieur du cou que le triangle postérieur.

Souvenez-vous de palper spécifiquement les régions suivantes :

- Sous mentale
- Sous mandibulaire
- La glande parotide/Pré-auriculaire
- Rétro-auriculaire
- Occipitale
- Chaînes cervicales – superficielle et profonde
- Supra-claviculaire
- Ligne médiane, pour la thyroïde

Si vous observez des grosseurs palpables au cou, commentez :

- La taille
- La mobilité par rapport aux structures sous-jacentes
- La consistance (dure/ferme/caoutchouteuse), nodularité, fluctuation
- La sensibilité

5. Pour conclure l'examen :

Déclarez que vous voudriez examiner aussi les suivantes :

- Position de la trachée
- Cavité buccale et voie aérodigestive ± endoscopie nasale flexible
- Fonctionnement de la voix et des cordes vocales
- Lésions cutanées au visage/au cuir chevelu

6. Remerciez le patient



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Manchester, 5th August 2017
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