# Nasal Examination

## Introduction

1. Wash your hands and don PPE if appropriate
2. Introduce yourself to the patient including your name and role
3. Confirm the patient’s name and date of birth
4. Briefly explain what the examination will involve using patient-friendly language
5. Gain consent to proceed with the examination
6. Position the patient sitting on a chair
7. Ask if the patient has any pain before proceeding
8. Gather appropriate equipment

## External nose

9. Inspect the external surface of the nose from the front, side and behind the patient to identify any abnormalities (skin lesions and deformity)

## Nasal cavity

10. Sit facing the patient with your knees together and to one side of the patient’s knees
11. Ask the patient to look forward, keeping their head in a neutral position
12. Carefully elevate the tip of the nose with your thumb, so that the nasal cavity becomes visible. Use a pen torch or otoscope as a light source to externally illuminate the cavity. A nasal speculum may be inserted at this point.
13. Inspect the nasal mucosa (including the septum) for any abnormalities
14. Inspect and compare the nasal cavities alignment (note any septal deviation)

## Nasal airflow

15. Assess nasal airflow using an appropriate technique

## To complete the examination...

16. Explain to the patient that the examination is now finished
17. Thank the patient for their time
18. Dispose of PPE appropriately and wash your hands
19. Summarise your findings
20. Suggest further assessments and investigations (e.g. olfactory assessment, regional lymph node examination, oral cavity examination, flexible nasendoscopy)

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