



# OSCE Checklist: Neck Lump 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	Ask the patient to sit on a chair for the assessment	
7	Adequately expose the patient's neck to the clavicles	
8	Ask the patient if they have any pain before proceeding with the clinical examination	
General inspection		
9	Inspect for clinical signs suggestive of underlying pathology (e.g. cachexia, scars, hoarse voice, dyspnoea, exophthalmos)	
Neck lump inspection		
10	Ask the patient to point out the neck lump's location if relevant	
11	Inspect the neck lump from the front and side, noting its location (e.g. anterior triangle, posterior triangle, midline)	
12	If a midline mass is identified during the initial inspection, perform some further assessments to try and narrow the differential diagnosis including observing the mass whilst the patient swallows and protrudes their tongue.	
Assessing a neck lump		
13	Palpate the neck lump assessing site, size, shape, consistency, mobility, fluctuance, temperature, overlying skin changes, pulsatility and tenderness	
14	Apply a light source to the lump to assess for transillumination	
15	Auscultate the lump to listen for a vascular bruit	
Assessing lymph nodes		
16	Position the patient sitting upright and examine from behind if possible. Ask the patient to tilt their chin slightly downwards to relax the muscles of the neck and aid palpation of lymph nodes.	
17	Inspect for any evidence of lymphadenopathy or irregularity of the neck	
18	Stand behind the patient and use both hands to palpate the various lymph node groups	
Assessing the thyroid gland (if relevant)		
19	Place the three middle fingers of each hand along the midline of the neck below the chin	
20	Locate the upper edge of the thyroid cartilage ("Adam's apple") with your fingers	
21	Move your fingers inferiorly until you reach the cricoid cartilage	
22	Palpate the thyroid isthmus using the pads of your fingers	

<b>23</b>	Palpate each lobe of the thyroid in turn by moving your fingers out laterally from the isthmus	
<b>24</b>	Ask the patient to swallow some water, whilst you feel for the symmetrical elevation of the thyroid lobes	
<b>25</b>	Ask the patient to protrude their tongue	
<b>Assessing the submandibular gland (if relevant)</b>		
<b>26</b>	Palpate the submandibular gland if appropriate (i.e. if a neck lump is located close to the gland)	
<b>To complete the examination...</b>		
<b>27</b>	Explain that the examination is now finished to the patient	
<b>28</b>	Thank the patient for their time	
<b>29</b>	Dispose of PPE appropriately and wash your hands	
<b>30</b>	Summarise your findings	
<b>31</b>	Suggest further assessments and investigations (e.g. thyroid status assessment, examination of the lymphoreticular system, examination of the oral cavity, routine blood tests, ultrasound scan, fine needle aspiration)	

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