

## **Ear, Nose and Throat, Speech and Hearing**

### **The role of the GP in the care of people with ENT and mouth problems**

As a GP, your role is to:

- Identify symptoms that fall within the range of normal or are caused by self-limiting conditions
- Know the epidemiology and understand how to recognise oral, head and neck cancers including the risk factors, and identify unhealthy behaviour as well as being able to refer appropriately
- Offering smoking cessation advice and treatment
- Ensure that a patient's hearing impairment or deafness does not prejudice the information communicated or your attitude as a doctor towards the patient, and be able to communicate effectively
- Promote the benefits of early intervention to ensure people who need hearing aids get the most out of them
- Perform effective assessment including conducting or interpreting more detailed tests (e.g. audiological tests, the Dix–Hallpike test) and treatment including procedures (e.g. nasal cauterisation and ear wax removal) where indicated
- Demonstrate empathy and compassion towards patients with ENT symptoms that may prove difficult to manage e.g. tinnitus, facial pain, unsteadiness, hearing loss.

## Key Areas for Exam preparation

### Common and important conditions

- Aesthetic and reconstructive surgery and botulinum toxin therapies
- Congenital abnormalities (e.g. cleft palate/lip, absent pinna, neck lumps)
- Cranial nerve disorders such as Ramsay-Hunt syndrome, Bell's palsy, trigeminal neuralgia, ototoxicity secondary to drugs
- Dental problems presenting in general medical practice (such as abscesses); dental disease due to underlying medical causes (such as anorexia, xerostomia, drug-induced)
- Disorders of the salivary glands such as infection (e.g. mumps), salivary duct stones, connective tissue diseases (e.g. Sjögren's syndrome), tumours (e.g. pleomorphic adenoma, lymphoma)
- Ear disorders: earache and discharge including otitis externa, otitis media with and without effusion, perforation of the ear drum, barotrauma, cholesteatoma, mastoiditis, disorders affecting the skin of the pinna such as infection, eczema, psoriasis, solar damage and malignancy and affecting the cartilage such as injuries and polycondritis
- Emergency treatments such as tracheotomy
- Epidemiology of rarer but potentially serious conditions such as oral, head and neck cancer, taking into account risk factors, and unhealthy behaviour
- Head and neck malignancies including laryngeal, nasopharyngeal, sinuses, salivary glands, tongue, lips and oral cavity, tonsillar including lymphomas, unidentified malignancies presenting with lymphadenopathy
- Hearing aids and cochlear implants, tinnitus maskers
- Hearing problems including deafness such as occupational, presbycusis, otosclerosis, tinnitus and associated speech or language disorders
- Increasing incidence of hearing loss in certain groups, such as people with learning disability or dementia
- Nasal problems including perennial and allergic rhinitis, postnasal drip, adverse drug effect, polyps and other causes of nasal obstruction, epistaxis, trauma, foreign bodies, septal deviation
- Oral problems including pain (e.g. ulceration, lichen planus), infections (e.g. gingivitis, herpes simplex, candidiasis), pre-malignant conditions (e.g. leukoplakia), malignancies (including tonsils, tongue, lips and buccal mucosa)
- Sinus problems including acute and chronic infection, polyps, allergic rhinosinusitis, barotrauma
- Throat problems such as infections, globus, pharyngeal pouch or gastrooesophageal reflux causing a cough
- Tracheotomy management in primary care
- Vertigo: central (e.g. brainstem stroke) and peripheral (e.g. benign paroxysmal positional vertigo, vestibular neuronitis, Ménière's disease, acoustic neuroma). Factors differentiating vertigo from dizziness and light-headedness
- Vocal disorders such as hoarseness, dysphonia, aphonia and underlying causes (e.g. vocal cord nodules, laryngeal nerve palsy). Associations with smoking, occupation and environmental factors.

## Suggested Resources:

### General Information

- <https://www.entuk.org>
- <https://www.e-GP.org>
- <http://www.idonline.org/article/6336/>
- <https://www.bsom.org.uk>
- Bull T & Almeyda J Colour Atlas of ENT Diagnosis (5<sup>th</sup> Ed) Thieme 2009
- Clarke R Lecture Notes: diseases of the Ear nose & Throat (11<sup>th</sup> ed) Wiley Blackwell 2013
- Scully C Oral and Maxillofacial Medicine: the basis of diagnosis & treatment (3<sup>rd</sup>) Churchill Livingstone 2013
- Robb P Watson A ENT in Primary Care RILA publication 2007

### Aesthetics

- <https://www.evidence.nhs.uk/search?q=Botox+Injection+Guidance>
- <https://www.evidence.nhs.uk/search?q=plastic+surgery>
- <https://www.evidence.nhs.uk/search?ps=30&q=cosmetic+surgery>

### Congenital abnormalities

- <https://www.evidence.nhs.uk/search?q=Congenital%20abnormalities&ps=20>
- <https://www.evidence.nhs.uk/search?q=Palate>

### Cranial nerve disorders (Ramsey Hunt, Bells Palsy)

- <https://www.evidence.nhs.uk/search?q=ramsay+hunt+syndrome>
- [https://www.evidence.nhs.uk/search?om=\[{%22ety%22:\[%22Guidance%22\]}\]&q=bells+palsy](https://www.evidence.nhs.uk/search?om=[{%22ety%22:[%22Guidance%22]}]&q=bells+palsy)

### Dental

- <https://www.evidence.nhs.uk/search?q=antibiotics+for+dental+infection>
- <https://www.bma.org.uk/advice/employment/gp-practices/quality-first/manage-inappropriate-workload/patients-presenting-with-possible-dental-problems>
- <https://www.dental-referrals.org/dentists/cancer/>

### Salivary gland disorders (stones)

- <https://www.evidence.nhs.uk/search?ps=50&q=salivary%20stones>
- <https://www.evidence.nhs.uk/search?ps=50&q=salivary%20gland%20disorders>

### Ear (otitis media, otitis Externa, Cholesteatoma)

- <https://www.evidence.nhs.uk/search?ps=50&q=otitis%20media>
- <https://www.evidence.nhs.uk/search?ps=50&q=otitis%20externa>
- <https://www.evidence.nhs.uk/search?ps=50&q=of+a+cholesteatoma>

### Tracheotomy

- <https://www.evidence.nhs.uk/search?q=Tracheostomy+guidelines>

### Cancers – see particular topics

#### Head and neck cancers

- <https://www.evidence.nhs.uk/search?q=head-and-neck-cancers>

## Hearing aids / implants

- <https://www.nice.org.uk/guidance/TA566>
- <https://www.nice.org.uk/guidance/ng98>
- <https://www.google.com/search?client=safari&rls=en&sxsrf=ACYBGNSTKgnf7UIP6-DWtrgJ1NIJUDKijA:1572446571819&q=sudden+sensorineural+hearing+loss+guidelines+uk&sa=X&ved=2ahUKEwilst36m8TIAhUGHcAKHdaJDR8Q1QloAXoECAoQAq&biw=1199&bih=790>
- <https://www.evidence.nhs.uk/search?ps=50&q=paediatric+hearing+aids>
- <https://www.nice.org.uk/guidance/ng98/resources/hearing-loss-in-adults-assessment-and-management-pdf-1837761878725>

## Deafness

- <https://pathways.nice.org.uk/pathways/hearing-loss>

## Nasal problems (allergy polyps)

- <https://www.evidence.nhs.uk/search?ps=50&q=nasal+polyps>
- <https://www.evidence.nhs.uk/search?q=allergic-rhinitis>
- <https://www.entuk.org/nasal-polyps>

## Epistaxis

- <https://www.evidence.nhs.uk/search?q=epistaxis+guidelines>
- <https://cks.nice.org.uk/epistaxis-nosebleeds>

## Oral ulcers

- <https://www.evidence.nhs.uk/search?q=mouth+ulcers>
- <https://www.evidence.nhs.uk/search?q=mouth%20ulcers%20cause>

## Sinus problems

- <https://www.nice.org.uk/guidance/ng79/chapter/Summary-of-the-evidence>
- <https://www.evidence.nhs.uk/search?q=sinusitis>

## Throat problems including globus

- <https://www.evidence.nhs.uk/search?q=GLOBUS%20PHARYNGEUS>
- <https://www.nice.org.uk/guidance/ng84/evidence>
- <https://www.sps.nhs.uk/wp-content/uploads/2018/06/NICE-Bites-No-107-Acute-Resp-tract-infections-May-2018-.pdf>
- <https://www.sign.ac.uk/assets/sign117.pdf>

## Tracheostomy management

- <https://www.nice.org.uk/Guidance/IPG462>

## Vertigo

- <https://www.evidence.nhs.uk/search?pa=1&q=Vertigo>

## Vocal disorders (hoarseness)

- [https://www.evidence.nhs.uk/search?om=\[{%22srn%22:\[%22Clinical%20Knowledge%20Summaries%20-%20CKS%22\]}\]&q=hoarse+voice](https://www.evidence.nhs.uk/search?om=[{%22srn%22:[%22Clinical%20Knowledge%20Summaries%20-%20CKS%22]}]&q=hoarse+voice)
- <https://www.evidence.nhs.uk/search?q=voice+disorders>