



Educational Resources in International Languages

颈部和甲状腺检查

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1. 介绍自己并获许检查

2. 检查—从正面和侧面

查看

- 病人的大体情况—体重超标或过轻？
- 着装是否适合当天天气？
- 是否有明显的颈部肿块／甲状腺肿
- 颈部是否有伤疤

3. 让病人吞下一口水，同时从侧面来进行查看

吞咽时脖子上的肿块向上移动了吗？

如果移动，则很可能是甲状腺的征兆

4. 让病人伸出舌头，从一侧来进行查看

当伸出舌头时，脖子上的肿块向上移动了吗？

如果移动，则很可能是甲状舌管囊肿

5. 从后面来触诊颈部

首先询问病人是否感到疼痛！

a) 是否感受到颈部肿块的存在并做出相应的评论

- o 大小
- o 相对于颈部底层结构的移动性
- o 纹理（弥漫型或结节状，单个或多个）
- o 疼痛

b) 让病人吞下一口水，同时触摸并觉察病人的颈部肿块情况

c) 触诊颈部肿大的淋巴结

- 从下巴尖开始，触诊每一组淋巴结：
 - o 颏下
 - o 颌下
 - o 前部颈椎链
 - o 锁骨上
 - o 后部颈椎链
 - o 耳前和耳后
 - o 枕后淋巴结
- 对以下做出评价：触痛，纹理（坚硬／坚固／有弹性），以及移动性

d) 轻敲胸骨来对胸骨后的甲状腺肿的扩大进行诊断



轻敲胸骨，对胸骨后甲状腺肿大扩大的程度进行评估。

6. 从前侧检查颈部

a) 触摸气管所在位置

b) 听诊甲状腺（双侧的）

- 甲状腺杂音则表明弥漫性毒性甲状腺肿（也称Grave's病）的特异性表现。

c) 测试胸锁乳突肌的功能

肌肉可能渗进到甲状腺恶性肿瘤内

7. 检查甲状腺疾病系统特性

a) 手

- 温度
- 杵状指／甲状腺杵状指／甲剥离
- 掌红斑
- 手颤（让病人伸出手并闭上眼睛）

b) 桡动脉脉搏

- 心房颤动或心跳过速

c) 脸

- 干性皮肤
- 脱发或粗糙
- 眉毛外侧三分之一脱落
- 水肿

d) 眼睛

- 眼睑迟滞和眼睑内缩是甲状腺功能亢进的非特异性特征
让患者随着你的手指下移的方向，眼睛往下看



眼睑迟滞。让患者的眼睛跟随你的手指所在方向移动，头部保持不动。将手指放在患者的头顶，然后迅速下移。

眼肌麻痹，眼球突出，和球结膜水肿是弥漫性毒性甲状腺肿（也称Grave's 病）的特异性表现。

- e) 肌肉力量：测试近端肌病
 - 测试肩关节外展
 - 要求病人不依靠胳膊的支力从椅子上站立起来
- f) 检查反射（特别是旋后肌和踝关节反射）
- g) 查看胫前粘液性水肿

8. 感谢病人



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