



Skills required in providing basic ENT care

For FLW





WHAT WE HAVE IN CBAC FORM FOR ENT CARE



| Part B: Early Detection: Ask if Patient has any of these Symptoms | | | |
|---|-----|--|-----|
| B1: Women and Men | Y/N | | Y/N |
| Shortness of breath (<i>difficulty in breathing</i>) | | History of fits | |
| Coughing more than 2 weeks* | | Difficulty in opening mouth | |
| Blood in sputum* | | Any ulcers in mouth that has not healed in two weeks | |
| Fever for > 2 weeks* | | Any growth in mouth that has not healed in two weeks | |
| Loss of weight* | | Any white or red patch in mouth that has not healed in two weeks | |
| Night Sweats* | | Pain while chewing | |
| Are you currently taking anti-TB drugs** | | Any change in the tone of your voice | |
| Anyone in family currently suffering from TB** | | Any hypopigmented patch(es) or discolored lesion(s) with loss of sensation | |
| History of TB * | | Any thickened skin | |
| Recurrent ulceration on palm or sole | | Any nodules on skin | |
| Recurrent tingling on palm(s) or sole(s) | | Recurrent numbness on palm(s) or sole(s) | |
| Cloudy or blurred vision | | Clawing of fingers in hands and/or feet | |
| Difficulty in reading | | Tingling and numbness in hands and/or feet | |
| Pain in eyes lasting for more than a week | | Inability to close eyelid | |
| Redness in eyes lasting for more than a week | | Difficulty in holding objects with hands/ fingers | |
| Difficulty in hearing | | Weakness in feet that causes difficulty in walking | |





BASIC ENT CLINICAL EXAMINATION



Wash your hands with soap and water before starting any examination. Use a torch to examine the ears, nasal cavities and throat.

Ear examination: Hold the upper outer part of the pinna with your thumb and index fingers and pull outward and upward to visualize the ear canal. Examine for any redness/swelling, presence of any blood or discharge, wax or foreign body.

Nasal cavity examination: Place tip of your thumb on tip of the patient's nose, index and middle fingers on the patient's forehead and pull the nose gently upward. Examine for any redness/swelling, presence of any blood or discharge, or foreign body.

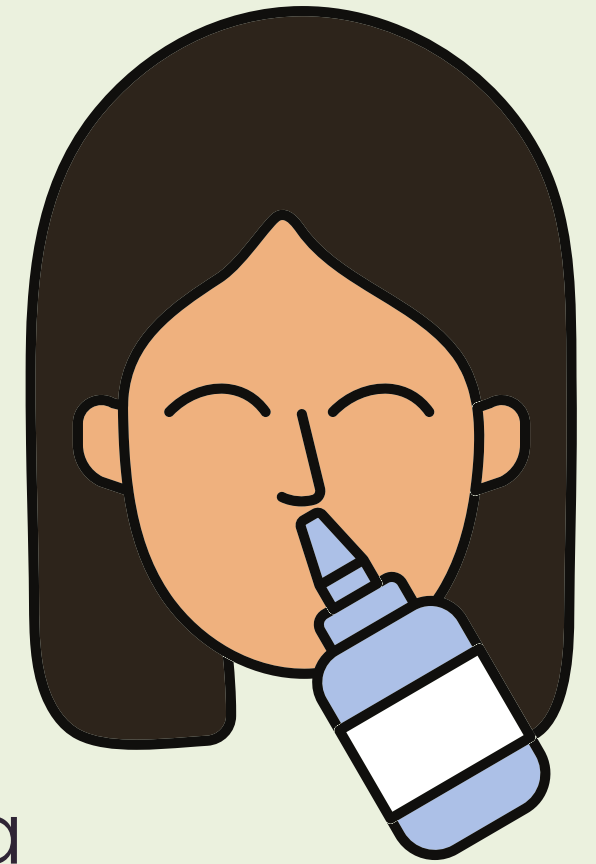
Throat examination: Ask the patient to open his/her mouth wide, protrude the tongue and say "Ah". Examine for any redness/swelling of the throat, presence of any blood or discharge, or foreign body.





HOW TO USE NASAL DROPS

- Ask the patient to blow nose gently
- Wash the hands thoroughly with soap and water
- Check if the dropper tip is not chipped or cracked
- Avoid touching the dropper tip against the nasal mucosa
- Tilt patient's head as far back as possible, or lie patient down on back on a flat surface (such as a bed) and hang head over the edge





HOW TO USE NASAL DROPS



- Place the correct number of drops into the nose
- Bend head forward toward knees and gently move it left and right
- Remain in this position for a few minutes
- Clean the dropper tip with warm water. Cap the bottle right away.
- Wash your hands to remove any medication



<https://www.gosh.nhs.uk/conditions-and-treatments/medicines-information/how-give-your-child-nose-drops-or-spray-video-podcast/>





1

Blow your nose gently.



2

Wash your hands thoroughly with soap and water.



3

Check the dropper tip to make sure that it is not chipped or cracked.

4

Avoid touching the dropper tip against your clean nose.

5

Tilt your head as far back as possible, or lie down on your back on a flat surface (such as a bed) and hang your head over the edge.



6

Place the correct number of drops into your nose.



7

Bend your head forward toward your knees and gently move it left and right.





HOW TO USE NASAL SPRAY PROPERLY?

1 Wash your hands thoroughly with soap and water.




2 Blow your nose gently before using the spray.




3 Gently insert the bottle tip into one nostril. Press on the other side of your nose with one finger to close off the other nostril.




4 Keep your head upright.



5 Breathe in quickly while squeezing the bottle.



6 Repeat in other nostril.



7 Wash your hands thoroughly with soap and water.





HOW TO USE EAR DROPS?



- Make the patient lie down or tilt the head with the affected ear facing upward.
- Open the ear canal by gently pulling ear upwards and backwards. This straightens the ear canal.
- Clear any visible superficial discharge
- Hold the dropper of the medicine upside down over the ear and instil the recommended number of drops into the ear.





HOW TO USE EAR DROPS?



- Avoid touching the dropper tip inside the ear, as it may get contaminated
- After use, wipe the tip with a clean tissue. Do not wash with water or soap.
- Advise the patient to stay in the position for at least 15 minutes. A small piece of cotton may be used to plug the ear.



<https://www.youtube.com/watch?v=vm66hb8be-y>

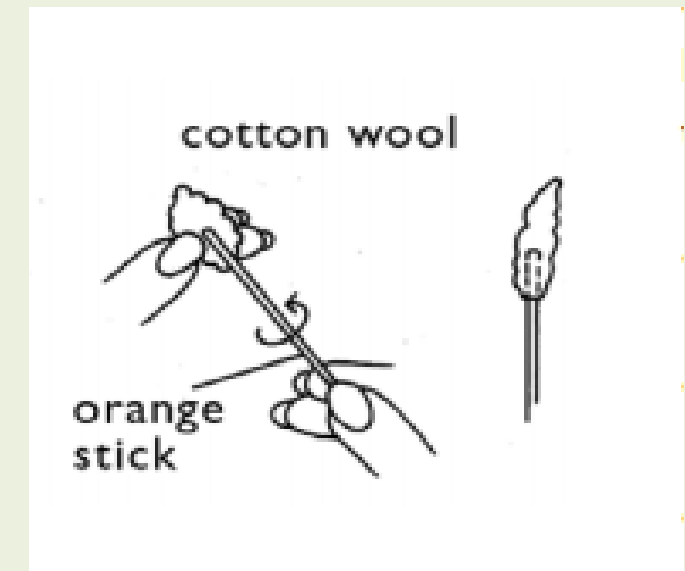




HOW TO MAKE A DRY MOP?



- Wash your hands with soap and water and dry.
- Pull off a small piece of cotton wool.
- Gently pull it out into an oval shape.
- Put the tip of the stick into the center of the cotton wool.
- Twist the stick round and round with one hand whilst holding half of the cotton wool tightly against the stick with the thumb and index of your other hand.
- Half of the cotton wool should extend from the end of the stick and form a fluffy, soft tip.

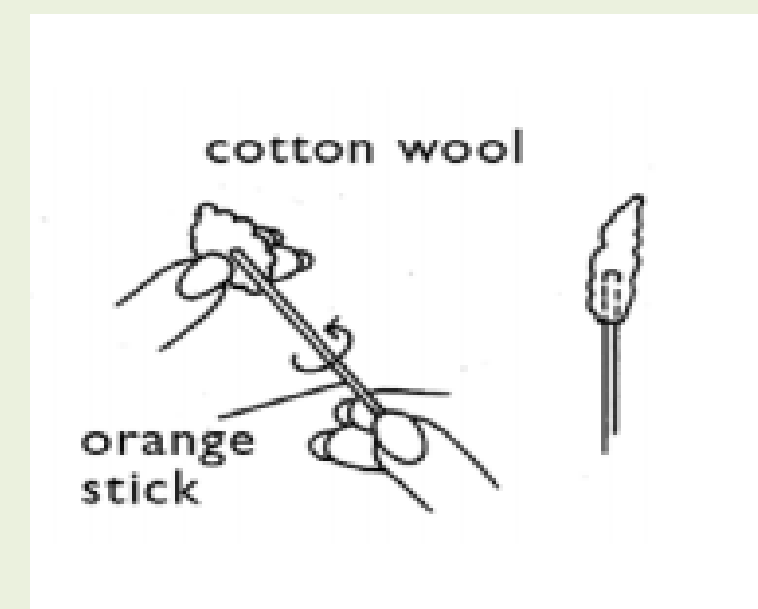




HOW TO MAKE A DRY MOP?



- The rolled-up piece of cotton wool should be long enough so that when the soft tip is deep in the ear canal and next to the eardrum there is still some cotton wool sticking out of the ear canal.
- This is so that you can hold onto the cotton wool and ensure that the cotton wool comes out of the ear canal.
- After completing dry mopping, wash your hands again



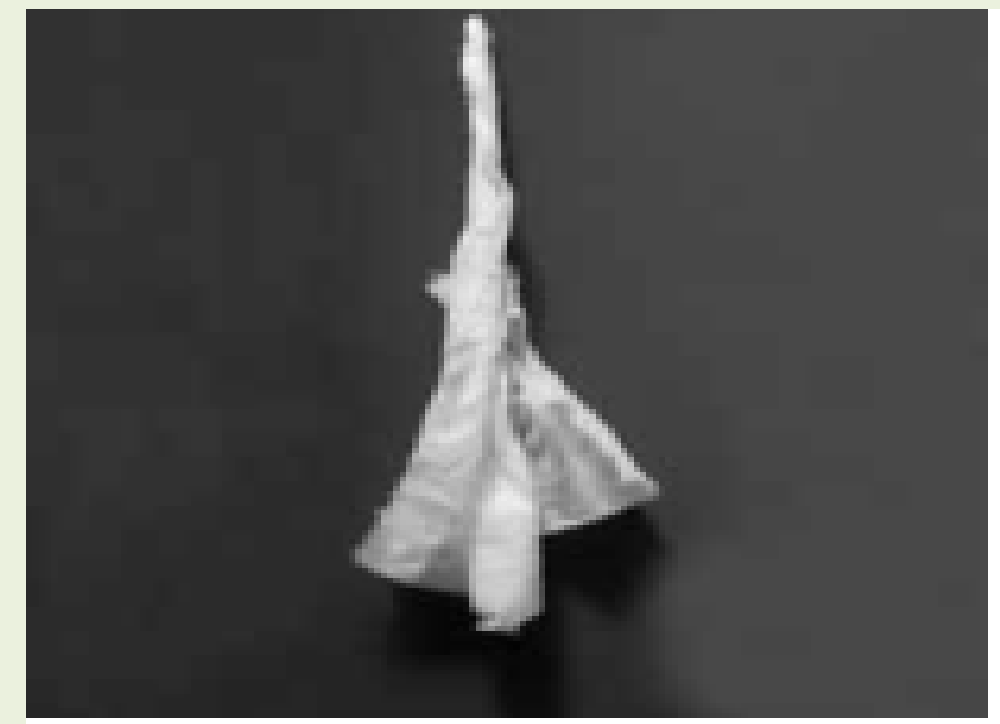
<https://www.youtube.com/watch?v=TBfnon4Sf0I>



HOW TO MAKE A WICK?



- Make a wick by rolling the cloth or the tissue paper into a pointed shape.
- Gently pull the ear away upward and outward. This helps straighten the ear canal.
- Place the wick into the ear canal. It will absorb any discharge or blood in the ear canal.
- Leave it in place until it is wet.





HOW TO MAKE A WICK?



- Remove the wet wick and inspect it. Is there pus on the wick?
- Replace with a clean wick.
- Repeat until the wick stays dry.



<https://www.youtube.com/watch?v=TBfnon4Sf0I>



HEIMLICH MANEUVER

[https://www.news-
medical.net/health/Heimlich-
Maneuver-Abdominal-Thrusts.aspx](https://www.news-medical.net/health/Heimlich-Maneuver-Abdominal-Thrusts.aspx)



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Thank You

