# Procedure Checklist

## Chapter 19: Assessing the Nose and Sinuses

Check (✓) Yes or No

<table>
<thead>
<tr>
<th>PROCEDURE STEPS</th>
<th>Yes</th>
<th>No</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Compares right and left sides throughout examination.</td>
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</table>
| 2. Inspects the external nose.  
  a. Notes the position, shape, and size; discharge and flaring. |  |  |  |
| 3. Checks for patency of the nasal passages.  
  a. Asks the client to close his mouth, hold one naris closed, and breathe through the other naris. Repeats with opposite naris. |  |  |  |
| 4. Inspects the internal structures.  
  a. Holds speculum in right hand to inspect left nostril; in left hand to inspect right nostril.  
  b. Tilts the client’s head back to facilitate speculum insertion and visualization.  
  c. Braces index finger against the client’s nose as inserting the speculum.  
  d. Inserts the speculum about 1 cm into the naris; opens as much as possible.  
  e. Uses the other hand to position client’s head and hold penlight.  
  f. Observes the nasal mucosa for color, edema, lesions, and discharge.  
  g. Inspects the septum for position and intactness.  
  h. *Infants and children*—Does not use a speculum to examine internal structures. Pushes the tip of the nose upward with thumb and directs a penlight into the nares. |  |  |  |
| 5. Transilluminates the frontal and maxillary sinuses.  
  a. Darkens the room.  
  b. *Frontal sinuses*: Shines a penlight or the otoscope with speculum below eyebrow on each side.  
  c. *Maxillary sinuses*: Places the light source below the eyes and above the cheeks. Looks for a glow of red light at the roof of the mouth through the client’s open mouth. |  |  |  |
| 6. Palpates the external structures. |  |  |  |
| 7. Palpates the frontal and maxillary sinuses. |  |  |  |

**Recommendation:** Pass _____ Needs more practice _____

Student: ___________________________ Date: ______________

Instructor: _________________________ Date: ______________

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