

The RCGP Curriculum

The Curriculum Topic Guides

Super-Condensed Topic Guides 2021



Ear, Nose and Throat, Speech and Hearing

The Role of the GP and emerging issues in primary care

- Identify ENT symptoms that fall within the range of normal or are caused by self-limiting conditions and awareness of epidemiology of, and recognise oral, head and neck cancers including risk factors to enhance early diagnosis.
- Communicate effectively with patients who have hearing impairment or deafness and promote the early use of hearing aids for those who may benefit from them
- Perform effective assessment (e.g. audiological tests, the Dix–Hallpike test) and treatment, including procedures (e.g. nasal cauterisation and ear wax removal) where indicated
- Evidence-based guidelines for appropriate management [for example in antibiotic prescribing or sudden hearing loss] are now widely available but not always used
- Demonstrate empathy and compassion towards patients with ENT symptoms that may prove difficult to manage e.g. tinnitus, facial pain, unsteadiness, hearing loss.
- Smoking cessation advice and treatment and awareness of the latest evidence and guidance on e-cigarettes

Knowledge and Skills Self-Assessment Guide

Symptoms and Signs

- Symptoms within the normal range which require no treatment, such as small neck lymph nodes in healthy children and ‘geographic tongue’
- Cough
- Deafness and the differentiation of types of hearing loss, including sudden hearing loss

- Dental symptoms relevant to general medical practice
- Disturbance of smell and taste
- Earache and discharge
- Epistaxis
- Facial dysfunction: sensory and motor
- Facial pain
- Head and neck lumps
- Hoarseness
- Jaw pain
- Rhinitis and nasal obstruction
- Salivation problems including swelling and obstruction of glands, excessive and reduced salivation
- Snoring and sleep apnoea
- Sore throat and mouth
- Sore tongue and changes in taste
- Tinnitus
- Vertigo and dizziness

Common and Important Conditions

- Cancers [Head and neck malignancies including laryngeal, nasopharyngeal, sinuses, salivary glands, tongue, lips and oral cavity, tonsillar including lymphomas, unidentified malignancies presenting with lymphadenopathy]
- Community-specific aspects of oromucosal disease related to lifestyle (e.g. chewing paan, tobacco, betel nut, khat/qat, or reverse smoking). Smoking cessation services
- Congenital [(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)
- Ear problems [Hearing problems including deafness, hearing aids and cochlear implants, tinnitus, earache and discharge including otitis externa, otitis media with and without effusion, perforation of the ear drum, barotrauma, cholesteatoma, mastoiditis]
- ENT, oral and facial symptoms as manifestations of psychological distress, e.g. globus pharyngeus, atypical facial pain, burning mouth syndrome

- 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. leucoplakia), malignancies (including tonsils, tongue, lips and buccal mucosa)]
- Salivary glands [e.g. infection (e.g. mumps), salivary duct stones, connective tissue diseases (e.g. Sjögren's syndrome), tumours (e.g. pleomorphic adenoma, lymphoma)]
- Sinuses [e.g. acute and chronic infection, polyps, allergic rhinosinusitis, barotrauma]
- Throat and voice problems [e.g. example vocal disorders, infections, globus, GORD, hoarseness, dysphonia, aphonia and underlying causes]
- Vertigo: central (e.g. brainstem stroke) and peripheral (e.g. benign paroxysmal positional vertigo, vestibular neuronitis, Ménière's disease, acoustic neuroma).

Examinations and Procedures

- Otoscopic appearances of the normal and abnormal ear
- Tests of hearing such as tympanometry, audiometry, tuning fork tests including Weber's and Rinne's, neonatal and childhood screening tests
- Detailed tests where indicated (e.g. audiological tests and the Dix–Hallpike test to help diagnose benign paroxysmal positional vertigo (BPPV))
- Skills which can be used in primary care to effect a cure when indicated (e.g. nasal cauterly, ear wax removal and the Epley manoeuvre).

Investigations

- Audiology testing
- X-ray, USS, CT and MRI scans
- Endoscopy
- Sleep studies

Other

- Relevant local and national guidelines, including fast track referral guidance for suspected cancer.
- National paediatric screening programme for hearing loss. Effects of ENT pathology on developmental delay, e.g. 'glue ear' can impair a child's learning
- Referral criteria and pathways for patients with dental or gingival problems to their general dental practitioner or local community dental services. Access to specialist services in oral medicine or oral and maxillofacial surgery for patients with oral disease

- Ensure people who are deaf or have hearing loss, or speech impairment, can contact and access GP services

How this might be tested in MRCGP

AKT

- Recognition of oral cancer
- Natural history of glue ear in children
- Diagnosis of salivary gland swelling.

RCA

- Older woman has severe shooting pains in her left lower jaw
- Hearing-impaired man has troublesome tinnitus interfering with his sleep and concentration
- Middle-aged woman has sudden-onset disabling rotational dizziness. Examination expected by patient.

WPBA

- Log entry about the referral criteria for a child with recurrent tonsillitis and the evidence for tonsillectomy as an intervention
- Clinical Examination and Procedural Skills (CEPS) on examining a patient with unilateral deafness and the interpretation of the results
- Consultation Observation Tool (COT) about a singer with persistent hoarseness.

How to learn this topic

This section describes *examples* of opportunities for learning.
We recognise that Covid-19 restrictions have significantly affected their accessibility



- ### Acute
- Management of epistaxis
 - Tonsillitis and Quinsy
 - Septal fracture and haematoma
 - Otitis media and externa
 - Auricular trauma and Perichondritis
 - Bell's palsy
 - Allergic conditions
 - Cholesteatoma



- ### Other relevant specialties
- Paediatric hearing loss assessment and treatment
 - Oncology and palliative care

- ### Primary Care
- A/E, or paediatrics
 - Out of Hours in GP
 - Outpatients/specialised clinics
 - GP Minor ops and treatment room
 - Formal teaching opportunities
 - ENT Clinic Course

- ### Core themes
- **Communication and Consultation**
 - Communication with the hearing impaired and breaking bad news. Consent for ENT procedures and operations.
 - **Prescribing** - evidence based prescribing for common conditions; ototoxic drugs.
 - **Co-morbidity** - psychosocial issues
 - **Teamworking** - with specialist nurses, audiologists, cancer care specialists
 - **Information Management & Technology** - decision making aids, algorithms, prescribing support materials
 - **Health Promotion** - effects of smoking, advice on cessation

- ### Tips
- Audit
 - Significant Event Analysis
 - Clinical governance
 - Risk Assessment
 - Dr as teacher
 - Leadership
 - BNF
 - NICE guidelines

- ### Community/MDT
- Audiology clinics
 - Speech and language delay therapists.
 - Impedance tympanometry clinics

