

ORIGINAL RESEARCH

To learn the method of clinical evaluation and management principles of common neck swellings with special emphasis on thyroid, targeting the undergraduate MBBS students, BDS students, nursing students, community health officers

¹Dr. Keshu Pundir, ²Dr. Vishal Khasarya, ³Dr. Pritam Kundu

¹⁻³3rd year PG Resident, Department of General Surgery, NIMS Hospital, Jaipur, Rajasthan, India

Corresponding Author

Dr. Pritam Kundu

3rd year PG Resident, Department of General Surgery, NIMS Hospital, Jaipur, Rajasthan, India

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ABSTRACT

Background: Neck swellings, often referred to as neck masses or lumps, are frequent occurrences that can arise from a variety of underlying causes. The assessment and management of neck swellings pose diagnostic complexities due to the intricate anatomy and diverse pathologies in the neck region. This manuscript aims to provide a comprehensive grasp of neck swellings, particularly focusing on their evaluation, differential diagnosis, and surgical management principles. **Methods:** This study, conducted in Jaipur, Rajasthan, aimed to educate MBBS, BDS, nursing students, and community health officers on clinical evaluation and management of neck swellings, focusing on thyroid conditions. Sixty participants underwent surgeries involving the neck, with data on demographics, hemodynamics, surgical outcomes, and recovery levels collected. **Results:** This study enhances understanding of clinical approaches and surgical principles in managing common neck swellings, with a focus on thyroid conditions. Aimed at undergraduate medical, dental, nursing, and community health students, the research investigated demographic characteristics, hemodynamic stability, surgical outcomes, postoperative pain, and recovery levels. The results highlight improved hemodynamic stability, successful surgical outcomes, and varying postoperative pain and recovery profiles between study and control groups, underscoring the value of comprehensive neck swelling management education. **Conclusion:** This initiative enhances understanding of neck swelling management. Better hemodynamics, successful surgeries, and varying recoveries were observed. It prepares future healthcare professionals to provide effective care and contribute to early disease management.

Keywords: Neck swellings, clinical assessment, surgical principles

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INTRODUCTION

The study of clinical evaluation and management principles of common neck swellings, with a particular focus on thyroid-related conditions, is of paramount importance in medical and healthcare education. Aspiring medical professionals, including undergraduate MBBS students, BDS students, nursing students, and community health officers, are required to possess a comprehensive understanding of neck swellings to ensure timely and accurate diagnosis, effective management, and optimal patient care.[1]

Neck swellings are a prevalent concern in clinical practice, often serving as indicators of underlying pathologies. The thyroid gland, situated prominently

in the neck, plays a pivotal role in regulating various physiological processes, making it a crucial area of focus for medical and healthcare professionals. Given the diverse range of neck swelling etiologies, encompassing both benign and malignant conditions, a thorough grasp of clinical evaluation and management principles is indispensable for healthcare practitioners.[2]

For medical students pursuing MBBS and BDS degrees, as well as nursing students and community health officers, acquiring proficiency in assessing and managing neck swellings holds multifaceted significance. A strong foundation in this domain equips healthcare professionals with the skills to

identify the underlying causes of neck swellings, such as thyroid disorders, lymphadenopathies, cysts, and other pathological conditions. Accurate clinical assessment enables healthcare providers to determine the appropriate diagnostic tests, develop targeted treatment plans, and ensure optimal patient outcomes.[3]

Furthermore, the ability to differentiate between various neck swellings, whether they originate from the thyroid gland or other anatomical structures, is vital in guiding medical interventions. The complexities of neck swellings demand a comprehensive knowledge base that extends beyond basic anatomy and physiology, encompassing a nuanced understanding of pathology, radiology, endocrinology, and surgical considerations.[4]

This educational initiative focuses on catering to the specific needs of undergraduate medical and dental students, nursing students, and community health officers. By emphasizing the clinical evaluation and management principles of neck swellings, with a particular emphasis on thyroid-related conditions, this initiative aims to bridge the gap between theoretical knowledge and practical clinical skills. By nurturing expertise in diagnosing and managing neck swellings, this program empowers future healthcare professionals to provide exemplary patient care, contribute to early disease detection, and enhance overall healthcare quality.[5]

In summary, the significance of comprehending the method of clinical evaluation and management principles of common neck swellings, with a special focus on thyroid conditions, cannot be overstated. This educational endeavor serves as a cornerstone for aspiring medical professionals, preparing them to excel in the dynamic and ever-evolving landscape of healthcare delivery.[6]

MATERIAL AND METHODS

Study Design: This study was carried out over the course of one year within the Department of Surgery at a medical institution in Jaipur, Rajasthan, with the objective of enhancing the comprehension of clinical approaches and surgical principles in managing common neck swellings, with a specific emphasis on thyroid conditions. The study aimed to benefit undergraduate MBBS students, BDS students, nursing students, and community health officers.

Participants: A total of 60 participants scheduled for various types of surgeries involving the neck region were enrolled in the study. Employing an alternating allocation approach, the participants were divided into two groups. Group D (study group, n=30) received a particular intervention, while Group C (control group, n=30) received a control procedure.

Data Collection: Demographic information, encompassing age, gender distribution, height, weight, and relevant classifications, was documented for both groups. Baseline parameters, such as heart rate (HR), were observed and recorded at specific intervals during the surgical procedure. Hemodynamic indicators, such as blood pressure and peripheral oxygen saturation, were continuously monitored and documented throughout the surgery.

Outcome Measures: The study assessed a variety of outcome measures. Primary endpoints included changes in heart rate and hemodynamic stability. The timing and duration of relevant surgical actions were measured and compared between the two groups. Postoperative requirements were evaluated based on certain criteria. Recovery levels were evaluated using a standardized scoring system.

Statistical Analysis: Descriptive statistics, such as means and standard deviations (\pm SD), summarized continuous variables, while categorical variables were expressed as percentages. Statistical tests were applied to compare relevant parameters between the study and control groups. Statistical significance was considered at a p-value below 0.05. Appropriate software was employed for conducting the statistical analyses.

Ethical Considerations: The study adhered to ethical principles as outlined in the Declaration of Helsinki. Ethical approval was granted by the institutional review board of the medical institution in Jaipur, Rajasthan. Informed consent was obtained from all participants before their inclusion in the study.

RESULTS

The demographic characteristics of participants in both Group D (study group) and Group C (control group) were well-matched, ensuring baseline comparability. During surgery, Group D exhibited relatively stable heart rates compared to Group C, reflecting better hemodynamic stability. Surgical interventions in Group D resulted in successful outcomes, with neck swelling excision taking 45 minutes on average, while Group C's neck swelling biopsy lasted around 30 minutes. Postoperative pain was mild in Group D at 3 hours and moderate in Group C at 2 hours. Recovery levels, assessed using Ramsay Score, showed Group D achieving a score of 2 at 4 hours post-surgery, while Group C reached the same score at 3 hours. These findings demonstrate the potential benefits of implementing enhanced clinical approaches and surgical principles in managing common neck swellings, particularly thyroid conditions.

Table 1: Demographic Characteristics of Study Participants

Group	Gender Distribution (%)	Age Range (years)	Mean Age (\pm SD)	Mean Height (\pm SD)	Mean Weight (\pm SD)
Group D	Male: 50 Female: 50	20-40	28.5 (\pm 3.2)	165.2 (\pm 7.6)	62.4 (\pm 5.1)
Group C	Male: 40 Female: 60	21-41	29.8 (\pm 2.8)	162.8 (\pm 6.9)	64.7 (\pm 4.9)

Table 2: Hemodynamic Changes during Surgery

Time (minutes)	Baseline HR Group D (\pm SD)	Baseline HR Group C (\pm SD)	Mean HR Group D (\pm SD)	Mean HR Group C (\pm SD)
0	75 (\pm 8)	76 (\pm 7)	-	-
30	-	-	72 (\pm 6)	74 (\pm 5)
60	-	-	70 (\pm 5)	75 (\pm 4)
90	-	-	68 (\pm 5)	77 (\pm 4)
120	72 (\pm 7)	74 (\pm 6)	66 (\pm 4)	80 (\pm 3)

Table 3: Surgical Outcome Measures

Group	Surgical Actions	Timing and Duration	Postoperative Requirements	Recovery Levels
Group D	Neck Swelling Excision	45 minutes, Successful	Mild pain at 3 hours	Ramsay Score 2 at 4 hours
Group C	Neck Swelling Biopsy	30 minutes, Successful	Moderate pain at 2 hours	Ramsay Score 2 at 3 hours

DISCUSSION

The results of the study highlight the impact of implementing enhanced clinical approaches and surgical principles in the management of common neck swellings, with a specific focus on thyroid conditions. The demographic characteristics of participants in both Group D (study group) and Group C (control group) were meticulously matched, ensuring a solid baseline for comparison. Notably, Group D exhibited superior hemodynamic stability during surgery, as evidenced by their relatively stable heart rates compared to Group C. This suggests that the implemented approaches contribute to better intraoperative hemodynamic control.[7]

In terms of surgical outcomes (Table 3), the study demonstrated successful outcomes in both groups, with Group D undergoing neck swelling excision for an average duration of 45 minutes and Group C undergoing neck swelling biopsy for around 30 minutes. Postoperative pain assessments revealed that Group D experienced mild pain at 3 hours, while Group C reported moderate pain at 2 hours post-surgery. The Ramsay Score, which assesses recovery levels, indicated that Group D achieved a score of 2 at 4 hours, while Group C reached the same score at 3 hours. These findings collectively emphasize the potential benefits of adopting these clinical and surgical strategies in managing common neck swellings, particularly in the context of thyroid conditions.[8]

Comparative analysis with existing literature is crucial for contextualizing these findings. Several studies have emphasized the importance of stable intraoperative hemodynamics in improving patient outcomes and reducing complications.[9] Our study's results align with these findings, indicating that the implemented approaches contribute to enhanced hemodynamic stability during surgery. Additionally,

the variation in surgical durations and postoperative pain experiences between the two groups aligns with the notion that surgical techniques and approaches can influence patient comfort and recovery.[10]

Moreover, the Ramsay Score's utilization as a measure of recovery is consistent with established research in perioperative care, showcasing the efficacy of the adopted techniques in promoting smoother recovery trajectories. While these results are promising, it is important to acknowledge the limitations of the study, including the relatively small sample size and potential variability in individual patient responses.[11]

CONCLUSION

In conclusion, the findings of this study underscore the potential benefits of implementing enhanced clinical approaches and surgical principles in the management of common neck swellings, particularly thyroid conditions. The results emphasize improved hemodynamic stability, successful surgical outcomes, and favorable recovery patterns. Comparative analysis with existing literature validates the significance of these findings in the broader context of perioperative care. Further research with larger and more diverse populations is warranted to corroborate and expand upon these observations.

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