

Central Adelaide Ear, Nose and Throat (ENT) Service

Clinical Information Sheet

Clinical Condition	Throat Hoarseness
Eligibility	<p>Associated with upper respiratory tract infection</p> <p>Associated with neck trauma</p> <p>Associated with respiratory obstruction</p> <p>Without associated symptoms or obvious aetiology</p>
Priority	<p>Otolaryngology referral indicated if:</p> <ol style="list-style-type: none"> 1. Stridor or airway distress- ring on call specialist – Refer to ED. 2. Associated with significant dysphagia 3. Hoarseness present > 4 weeks <p>Neck trauma –Otolaryngology referral indicated in all cases – ring on call specialist. Refer to ED.</p> <p>Respiratory obstruction- Otolaryngology referral indicated in all cases – ring on call specialist. Refer to ED.</p> <p>Without associated symptoms or obvious aetiology- Otolaryngology referral is indicated if recent hoarseness persists over four weeks despite medical therapy- especially in a smoker.</p>
Differential Diagnoses	<p>Throat pain- may radiate to ear, Dysphagia, Stridor/airway obstruction.</p> <p>neck trauma, skin laceration, Ecchymosis, tenderness, subcutaneous emphysema, stridor.</p> <p>Hypothyroidism, Diabetes mellitus, gastro-oesophageal reflux, Rheumatoid disease, Pharyngeal/oesophageal tumour</p> <p>Lung neoplasm.</p>
Information required with referral	<p>Include history or findings of:</p> <ul style="list-style-type: none"> • Smoking / alcohol use • Duration • Hoarseness • Foreign body ingestion • History of neck trauma preceding hoarseness • Stridor • Pharyngeal/Oesophageal tumour • Lung neoplasm
Investigations required with referral	<p>Blood cultures if patient febrile, C1 esterase inhibitor levels (if history of angioneurotic oedema), chest X-Ray, CT/ MRI if indicated.</p>

Pre-Referral management strategies (information required with referral)	Humidification Increase fluid uptake Voice rest Antibiotics, where appropriate Inhalant steroid sprays Chest X-Ray CT neck/MRI neck may be advised
Discharge Criteria/information	Once condition stabilised
Fact sheets	

For more information

Central Adelaide - Ear, Nose and Throat (ENT) Service
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The Queen Elizabeth Hospital, 28 Woodville Road, WOODVILLE Telephone: 08 8222 6000

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