

Laryngeal and Voice Disorders

- Symptoms include: Hoarseness, dysphonia, throat pain, globus (lump in throat sensation), chronic cough

Information Required

- Presence of red flags
- Past medical history
- Duration and severity of symptoms
- Aphonia
- Voice use/profession
- Treatments trialled and outcomes
- Impact of condition on patient's quality of life (mild moderate severe)
- Preliminary investigations and results

Investigations Required

- Nil required

Fax Referrals to

- ENT Clinic Fax: 8374 4928

Red Flags

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| <ul style="list-style-type: none"> 🚩 Persistent hoarseness > than 3 weeks 🚩 Dysphagia 🚩 Lateralising symptoms 🚩 Throat pain | <ul style="list-style-type: none"> 🚩 Otalgia (ear pain) 🚩 Neck lump 🚩 Past history of head and neck cancer 🚩 Above especially in smokers |
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Suggested GP Management

Hoarseness/dysphonia

- If red flags, refer urgently
- Lifestyle measures for optimising vocal health i.e. hydration, cease smoking, reduce/avoid throat clearing, avoiding vocal strain

Globus

Same as hoarseness, with the addition of:

- Consider possibility of reflux and implement lifestyle changes plus medical therapy (High dose PPI plus Gaviscon Dual Action)
- Treat any post nasal drip with saline nasal rinsing plus topical nasal steroid spray

Clinical Resources

- British Medical Journal - Clinical Review: Laryngitis
http://bmj.com/cgi/content/full/bmj.g5827?ijkey=Rs_uOQbd27ToHflf&keytype=ref

Patient Information

- ENT UK: Hoarseness and Laryngitis
http://entuk.org/ent_patients/throat_conditions/laryngitis

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients

| Version | Date from | Date to | Amendment |
|---------|---------------|---------------|-----------|
| 1.0 | November 2014 | November 2016 | Original |
| 1.1 | November 2016 | November 2018 | Review |