

Lec1:

Smell disorders :

1. anosmia: Complete loss of smell
2. hyposomia : partial loss
3. parosmia: distortion of smell different than they
4. phantosmia: smell not present (migraine, neurological disorders, nasal infection)

Agusia: loss of taste

Causes:

1. upper respiratory tract infection
2. Alzheimer, Parkinson's
3. head trauma
4. Aging
5. Rarely congenital

Management

History:

- chief complaint : problem
- presenting complaint: when did you first change in your sense of smell
- duration and progression : يعني مع الوقت صارت المشكلة أسوأ
- aggressive factors: شو هي الأشياء اللي بتزيد الأعراض
- associated symptoms: headache, nasal congestion
- medical history إذا عنده امراض
- medication الادوية اللي بوخدها

Red flags: sudden onset, severe headache, change in medication

Physical examination

*Nasal examination (polyp, septal deviation)+neural examination (olfactory nerve)

Check for signs of sinusitis: nasal discharge, facial tenderness, swelling

*Nasal endoscopy: identify polyps, mucosal abnormalities, lesions

Olfactory test: university of pensilvania identification test, sniffin stick test(identify degree of olfactory dysfunction)

Imaging studies:

MRI,CT (tumors,structural abnormalities)

Lab investigation :systemic conditions and underlying metabolic disorders

Referral to specialist:

ENT(oto laryngologist) collporate with neurologist +allergist

Long term follow up:monitoring symptoms,response to treatment,the impact on quality of life

Patient education:tell him about the chronicity of his disease and it may improve with olfactory training , tell him to use safety strategies

Documentation :not written ,not done