

Referral Support Service

ENT

ENT21

Suspected Globus

Definition

Abnormal throat sensation that is worse with a dry swallow but does not interfere with swallowing food or liquid. Other sensations typically described: tickle, tightness, mucous.

Not a primary manifestation of sinus disease but can be caused by post nasal drip, which itself can be caused by silent reflux.

Exclude Red Flag Symptoms

- Constant hoarseness >3 weeks
- Risk factors > 50 year old, smoker, excess alcohol
- Neck lump > 3 weeks
- Recent onset dysphagia (difficulties swallowing)
- Odynophagia (painful swallowing)
- Regurgitation
- Unilateral pain in head or neck and/or otalgia but normal otoscopy
- Objective weight loss

Management

Examine the neck and throat for swellings or lymph glands.

Is there a cough?

Are symptoms intermittent?

Are symptoms related to night time or day time?

Consider non-ENT causes (stress, anxiety)

Advise on possible “lifestyle” factors (smoking, alcohol, caffeine, spicy foods, large meals, high BMI, habitual carbonated drinks but low clear fluid intake etc.).

Consider a trial of **Peptac® (+/- a PPI)** for up to eight weeks for intermittent symptoms, dry nonproductive cough, worse at night

Referral Information

Indications for referral

Responsible GP: Dr Tillmann Jacobi
Responsible Consultant: Mr Frank Agada
Responsible Pharmacist: Laura Angus

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Refer potential at-risk patients, if conservative primary care treatment has not helped, and/or highly worried patients, who can expect to have a nasal endoscopy etc. done in clinic. If nothing is found but the symptoms persist despite treatment, the patient may require a referral to gastroenterology for a gastroscopy.

Information to include in referral letter

- Time line
- Fluctuation or continuum of symptoms
- Any abnormal findings at examination
- Possible emotional element
- Medical trial done so far and outcome
- Current smoking / alcohol intake / BMI
- Current regular medication

Investigations prior to referral

None, unless chronic cough for > four weeks: CXR

Patient information leaflets/ PDAs

<https://patient.info/health/globus-sensation-leaflet>

Reference / resource

<http://www.learning.bmj.com/learning/module-intro/lump-throat.html?moduleId=10051991>