

專科護理師教學

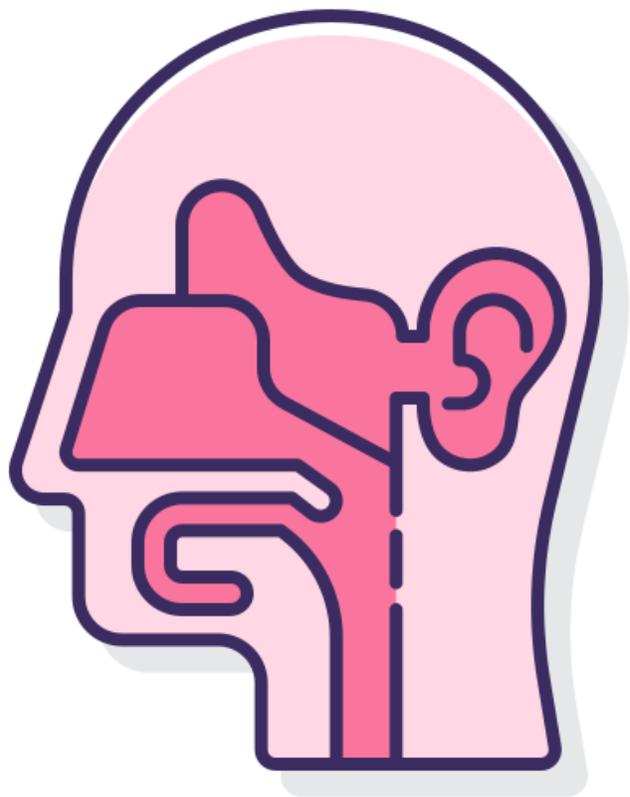
耳鼻喉頭頸外科：鼻科篇



大綱

1. 鼻部解剖構造
2. 鼻部常見檢查
3. 常見疾病
 - 鼻血
 - 過敏性鼻炎
 - 鼻竇炎

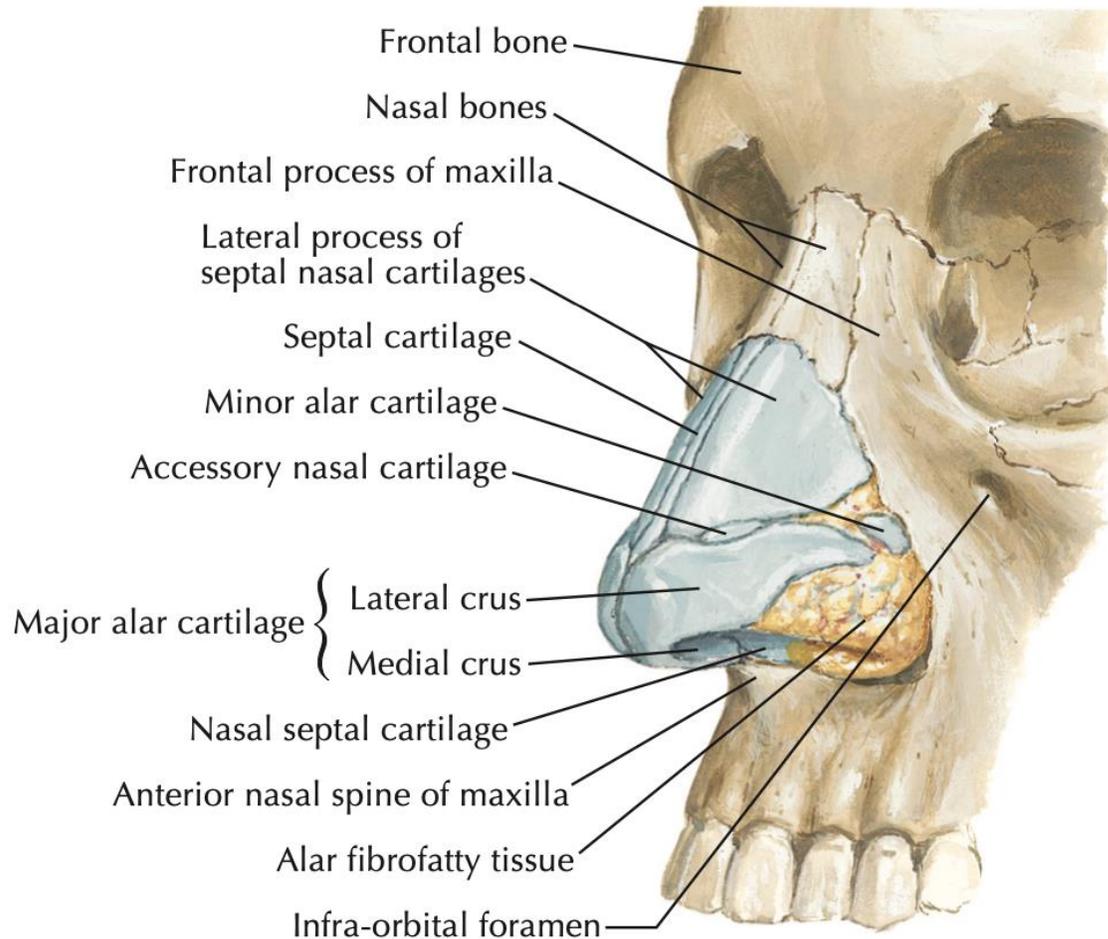




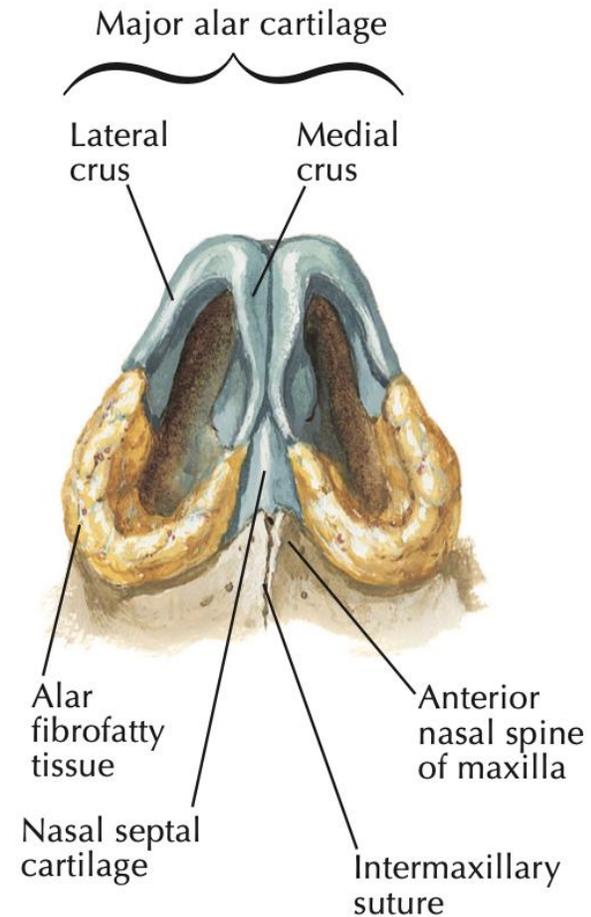
1. 鼻部解剖構造

鼻部解剖構造 - 骨

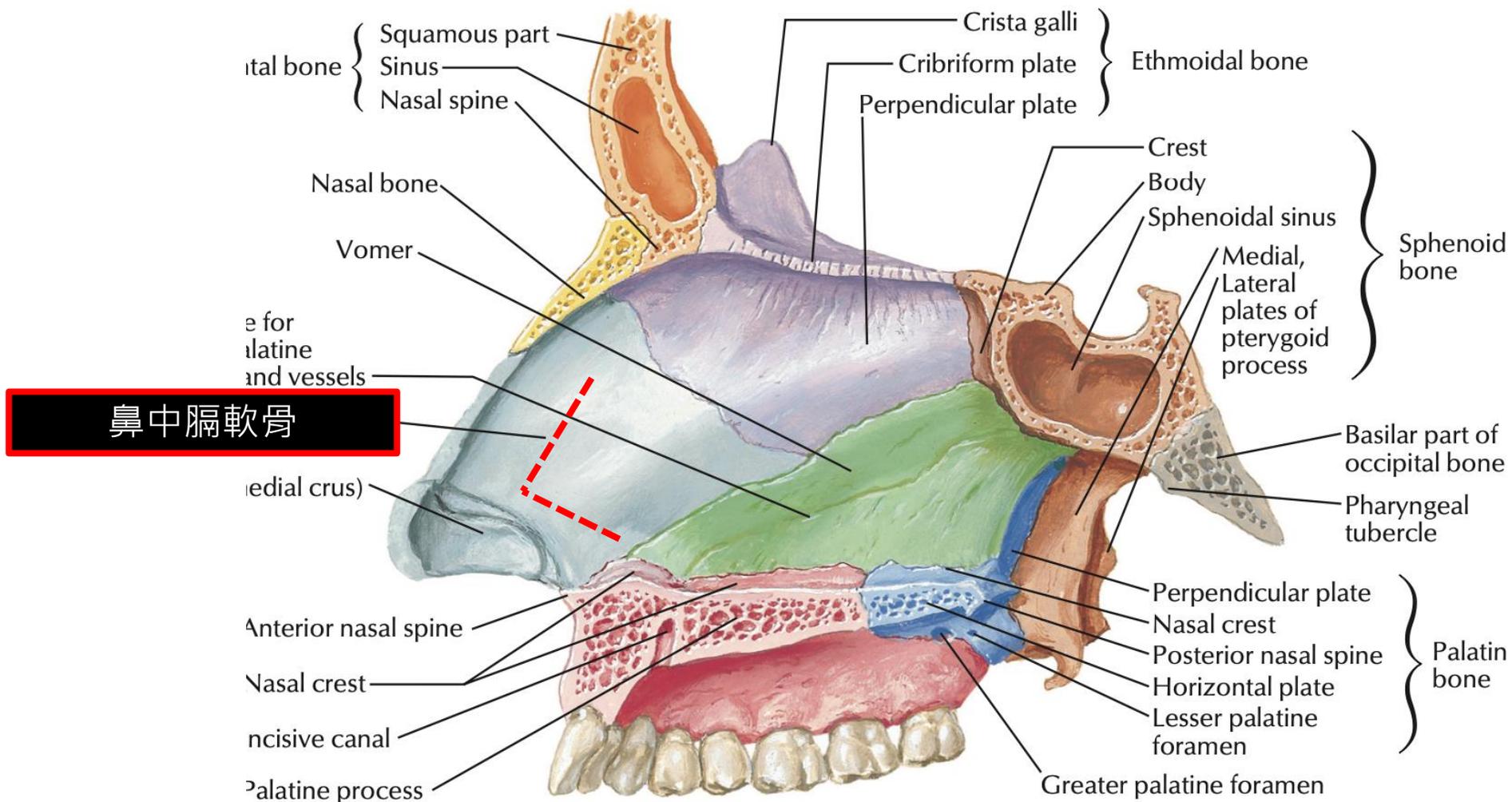
Anterolateral view



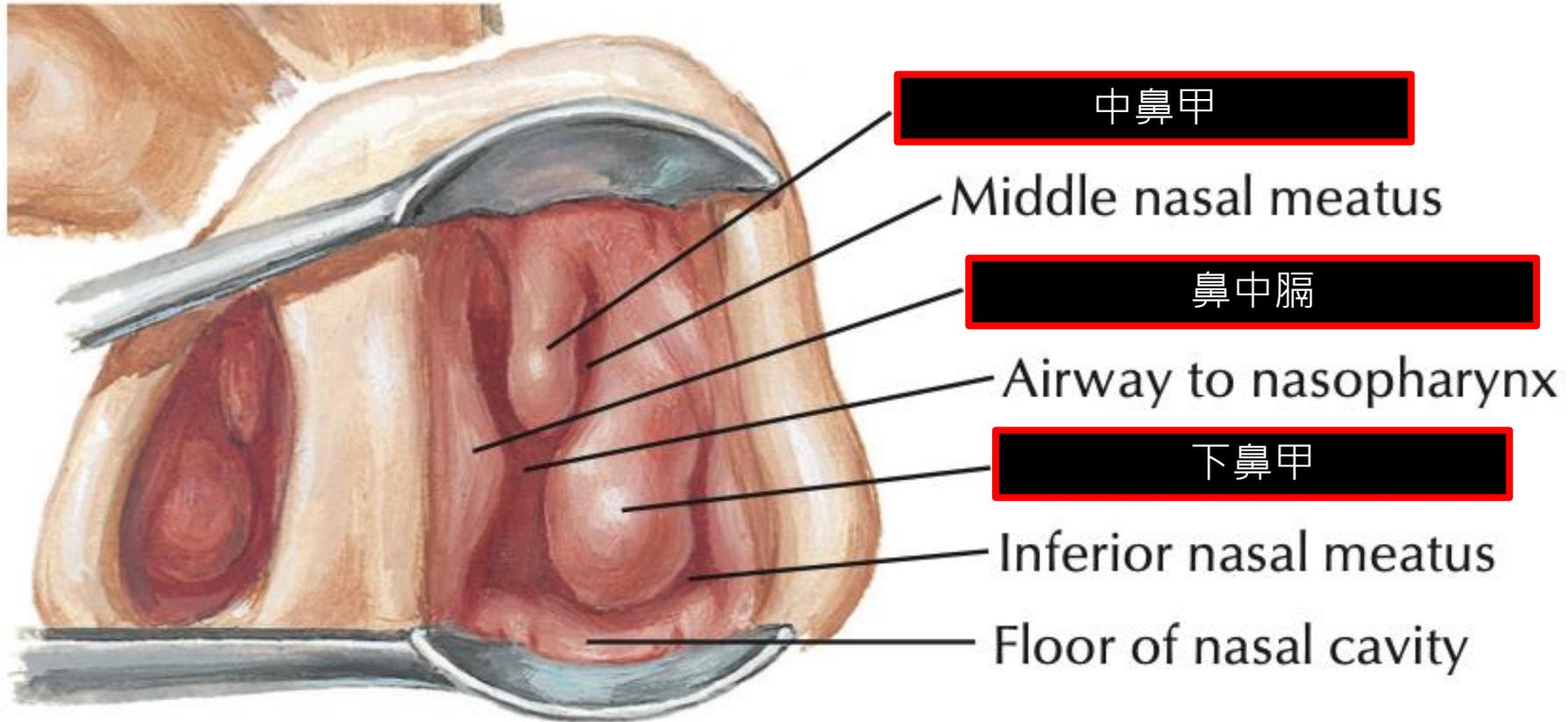
Inferior view



鼻部解剖構造-骨



鼻部解剖構造



鼻部解剖構造

額竇

上鼻甲

中鼻甲

下鼻甲

Superior nasal meatus

Agger nasi

Atrium of middle nasal meatus

Middle nasal meatus

Vomer nasal organ

Limen nasi

Nasal vestibule

Inferior nasal meatus

Palatine process of maxilla

Incisive canal

Spheno-ethmoidal recess

Opening of sphenoidal sinus

腦下腺
(pituitary gland)

蝶竇

腺樣體

Basilar part of occipital bone

Pharyngeal raphe

Choana

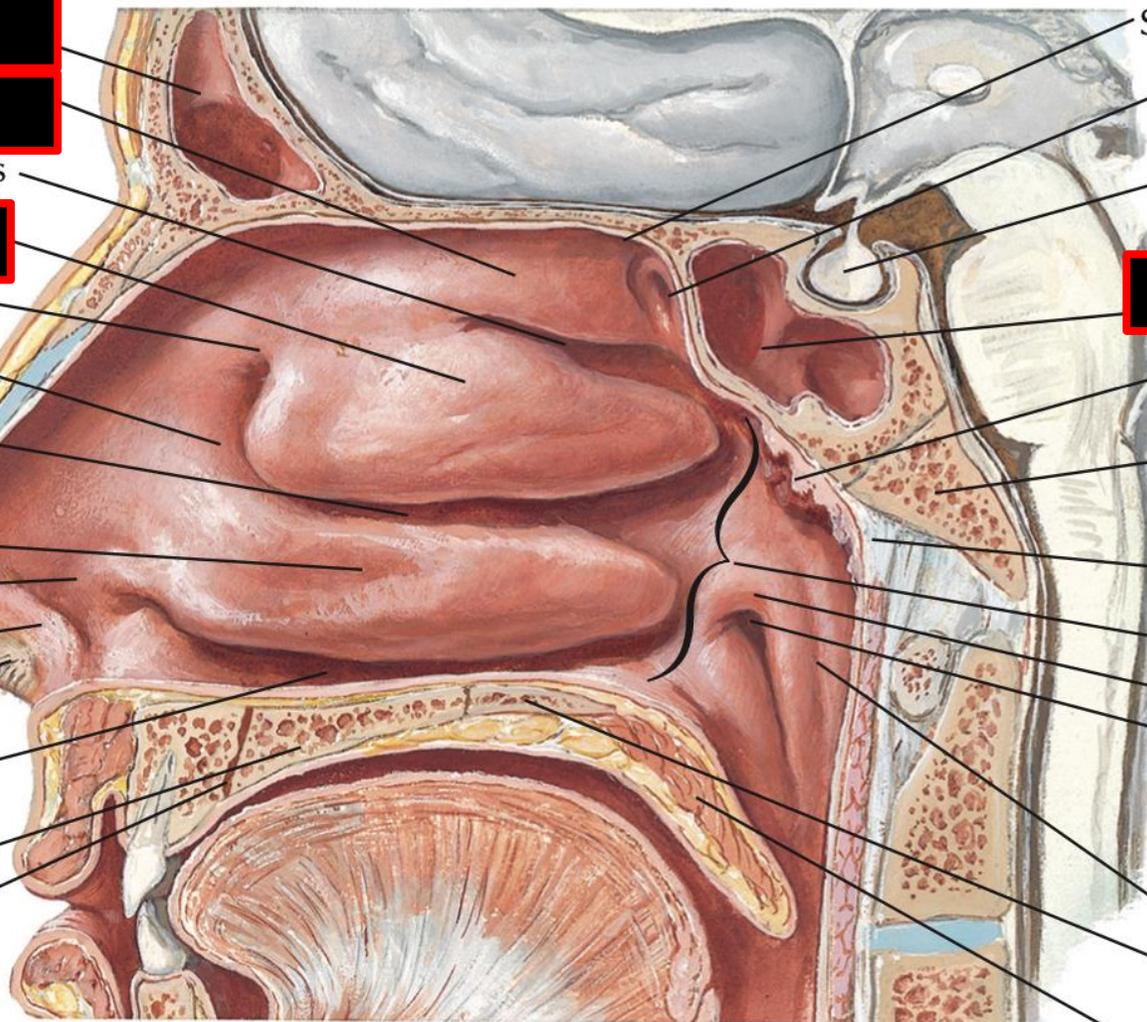
Torus tubarius

耳咽管開口

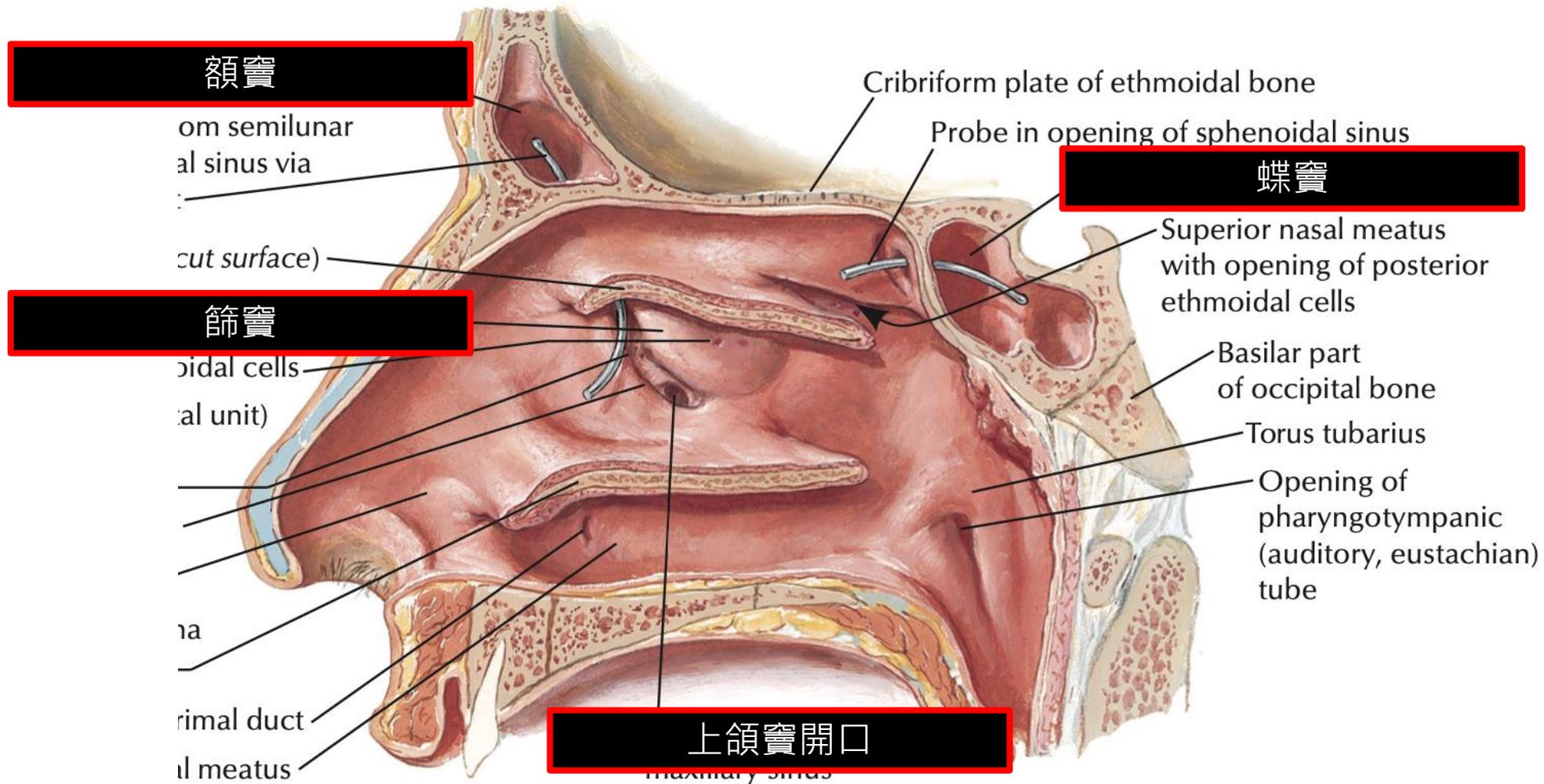
(auditory, eustachian) tube

Pharyngeal recess

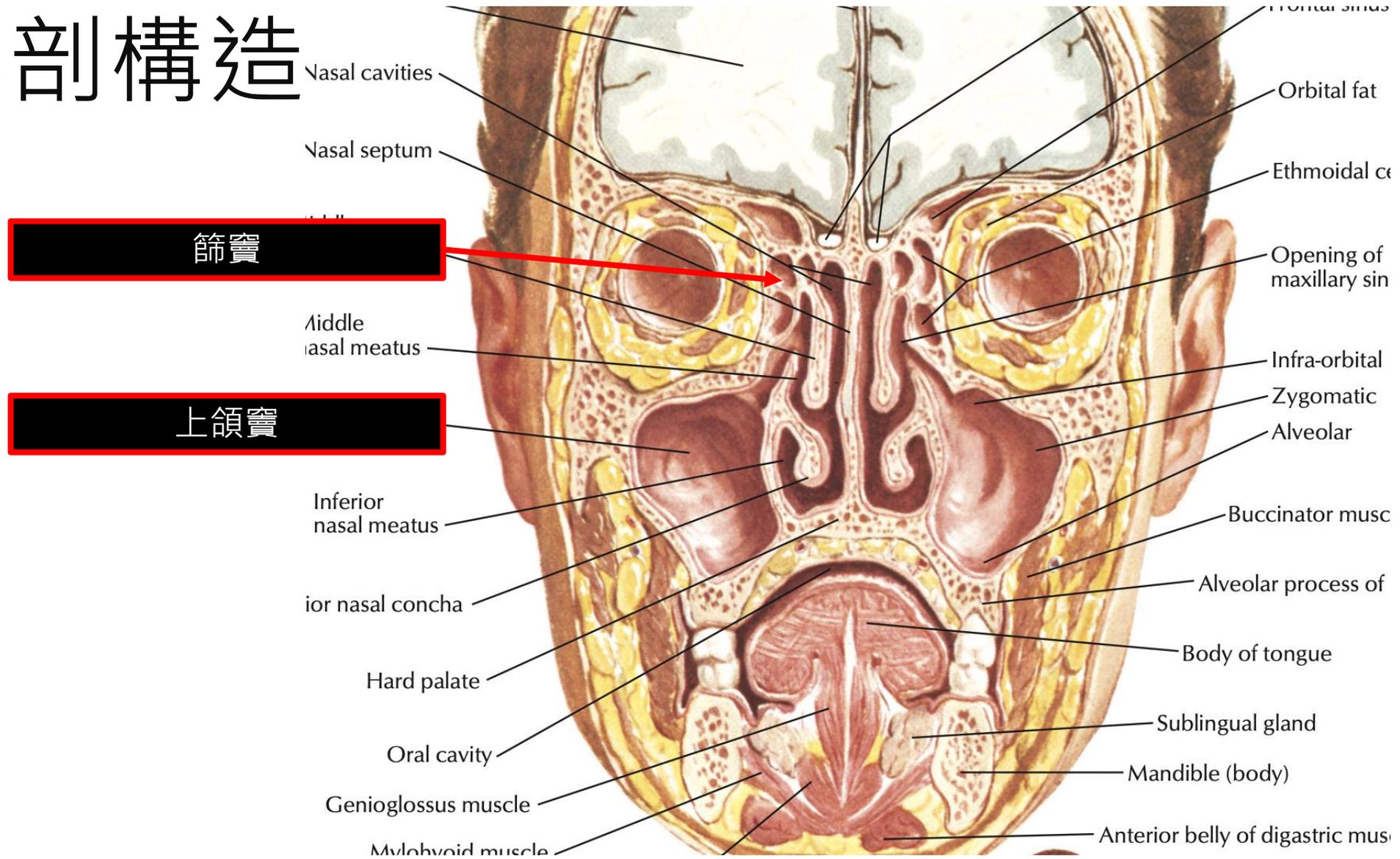
Horizontal plate of palatine bone



鼻部解剖構造

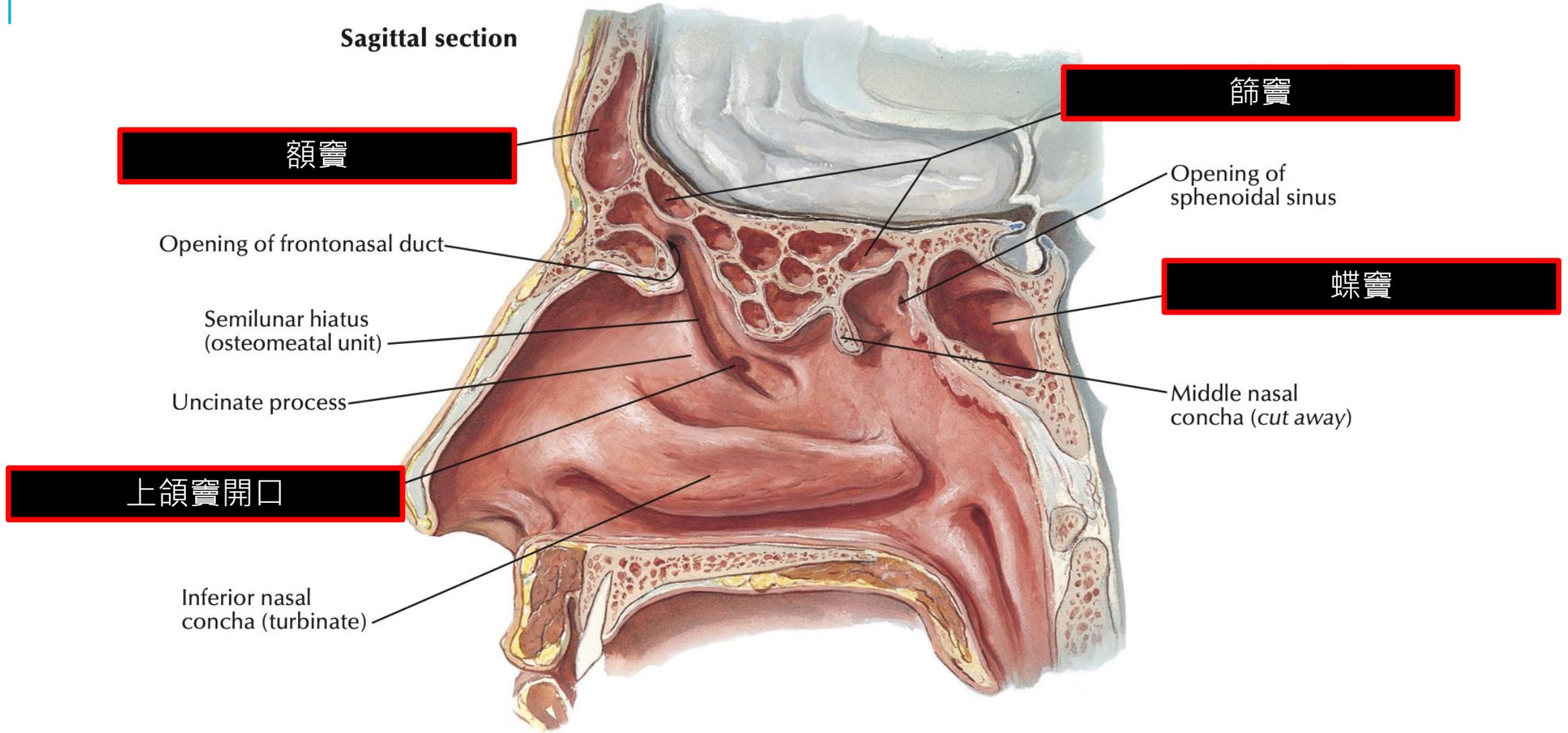


鼻部解剖構造

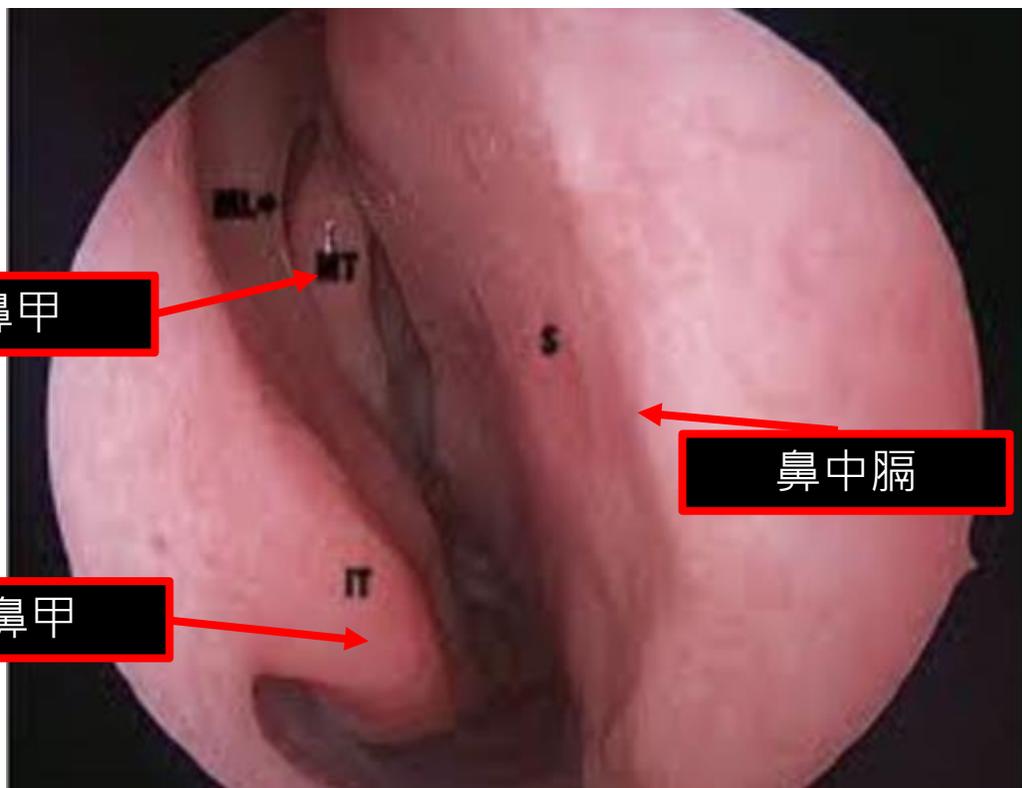


鼻部解剖構造

Sagittal section



鼻內視鏡示意圖



中鼻甲

鼻中隔

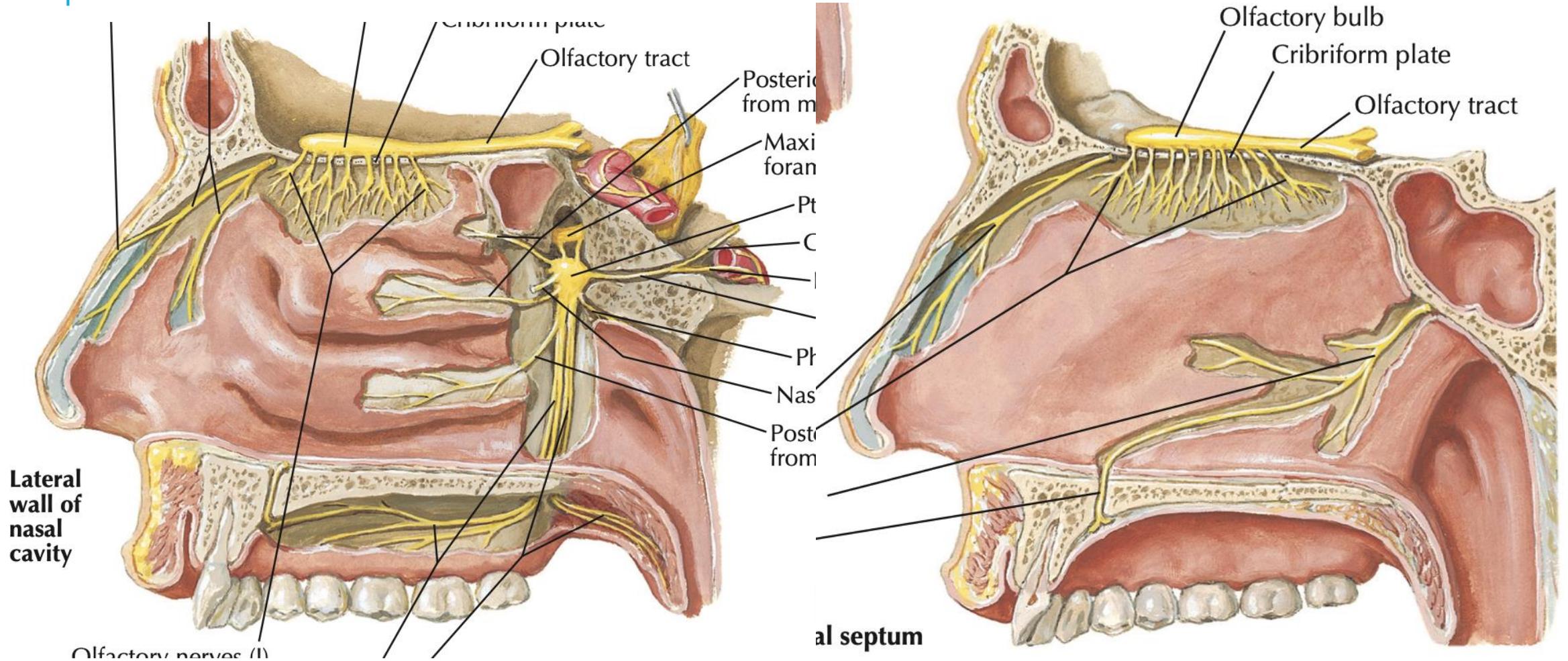
下鼻甲

鼻咽



耳咽管

鼻部解剖構造-神經



鼻部解剖構造— 血管供應

Internal carotid artery

Anterior ethmoidal artery

Posterior ethmoidal artery

External carotid artery

Facial artery

Superior labial artery

Lateral nasal artery

Ascending palatine artery

Maxillary artery

Greater palatine artery

Sphenopalatine artery

Lateral nasal branch

Posterior septal branch
Anastomosis between
posterior septal branch of
sphenopalatine artery
and greater palatine

Anterior
External nasal branch
of anterior
ethmoidal
artery

Alar branches of
lateral nasal
artery

Nasal septum (turned up)

Schematic hinge

前篩動脈

後篩動脈

Posterior ethmoidal artery

Posterior septal
branch of
sphenopalatine
artery

Sphenopalatine
artery

蝶顎動脈

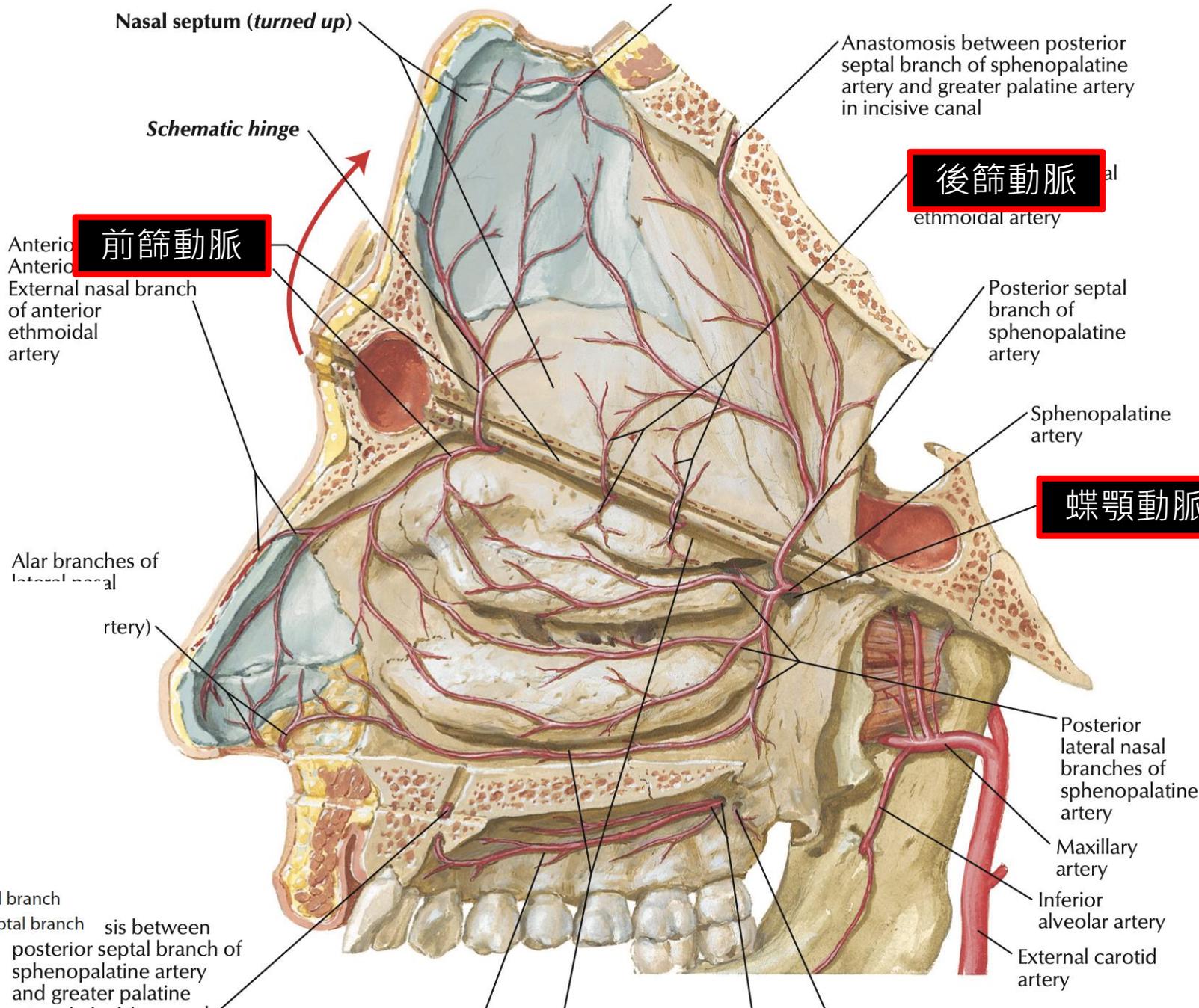
Posterior
lateral
branches of
sphenopalatine
artery

Maxillary
artery

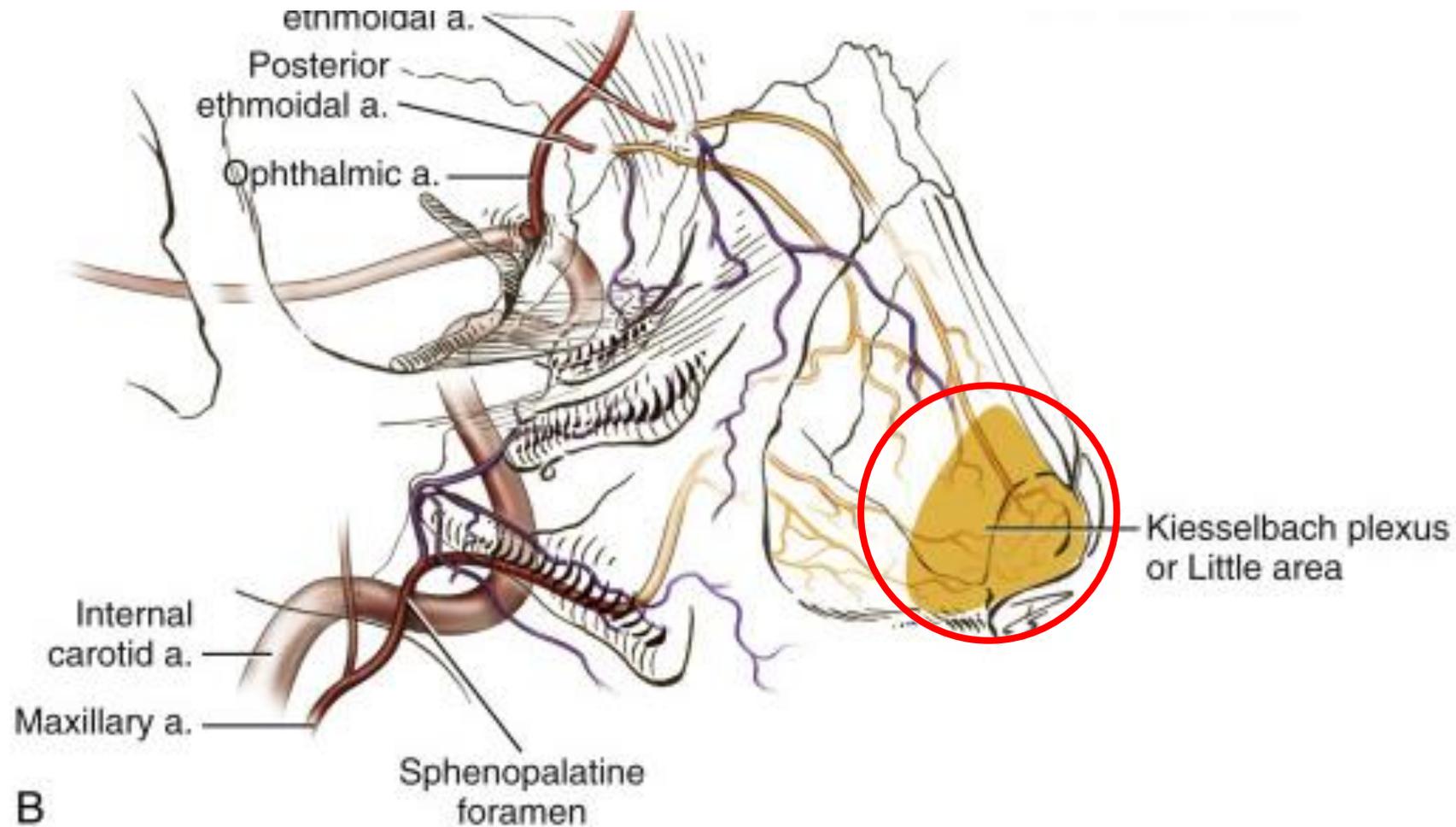
Inferior
alveolar artery

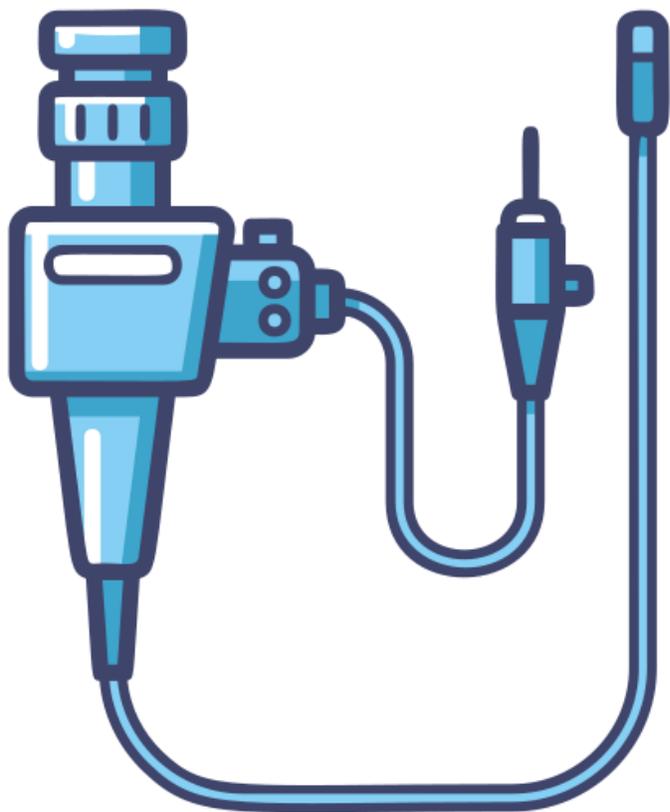
External carotid
artery

Anastomosis between posterior
septal branch of sphenopalatine
artery and greater palatine artery
in incisive canal



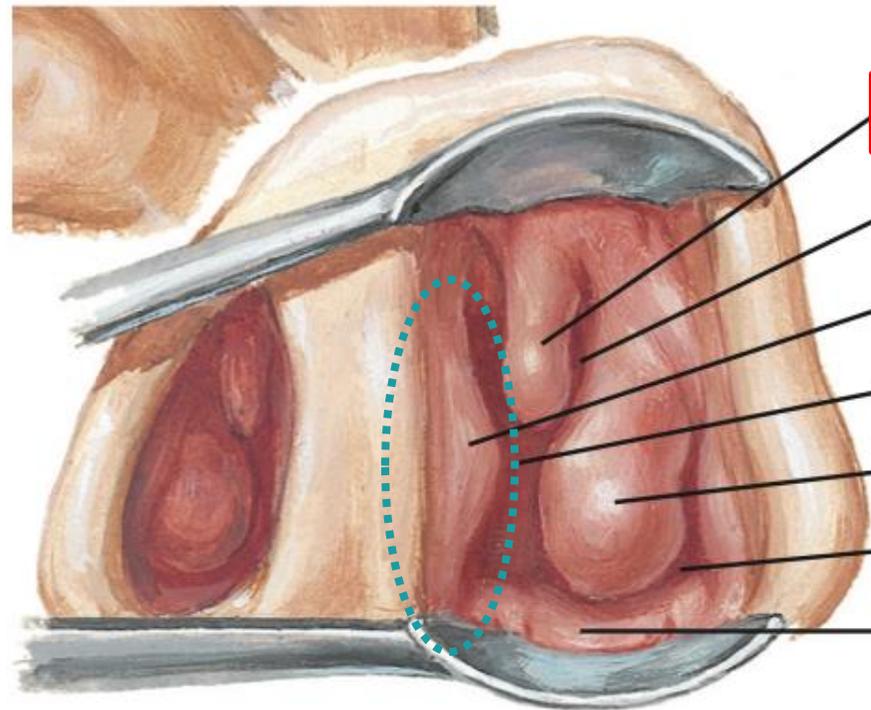
鼻部解剖構造- 血管供應





2. 鼻部常見檢查

鼻部理學檢查



中鼻甲

Middle nasal meatus

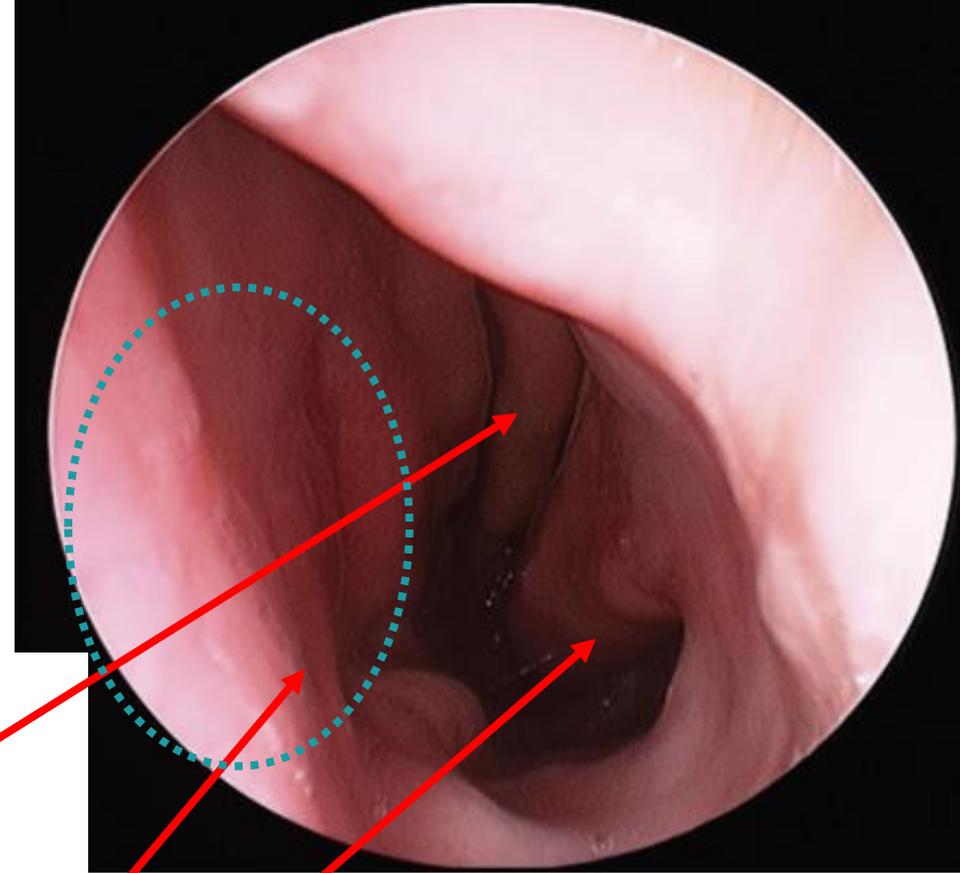
鼻中膈

Airway to nasopharynx

下鼻甲

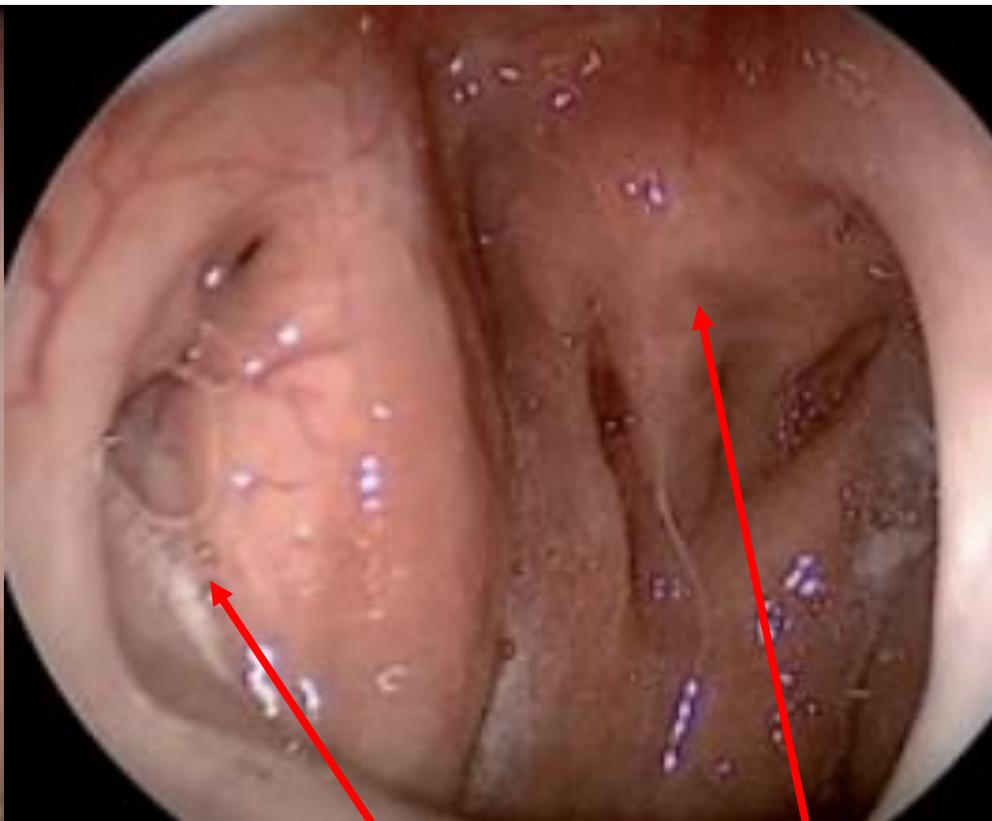
Inferior nasal meatus

Floor of nasal cavity





鼻息肉



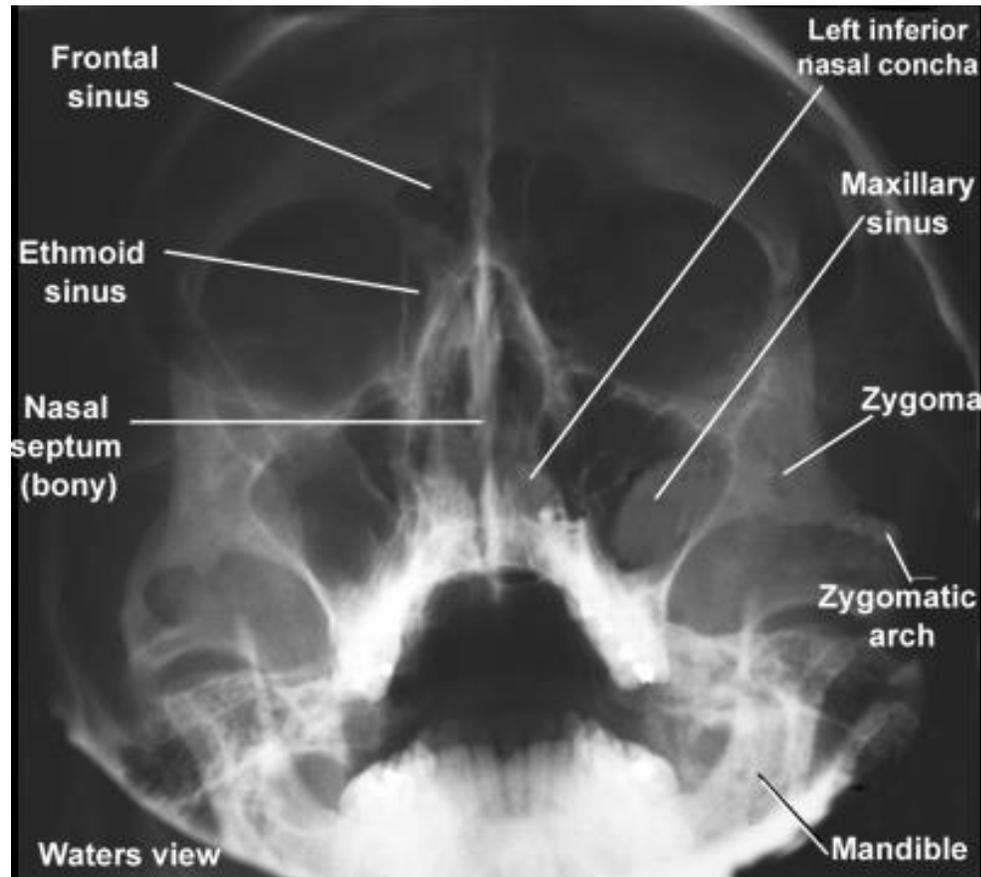
耳咽管開口

腺樣體

- 常見發現
 - 鼻中膈彎曲
 - 鼻甲肥大
 - 腺樣體肥大
 - 鼻竇炎、鼻息肉

內視鏡檢查

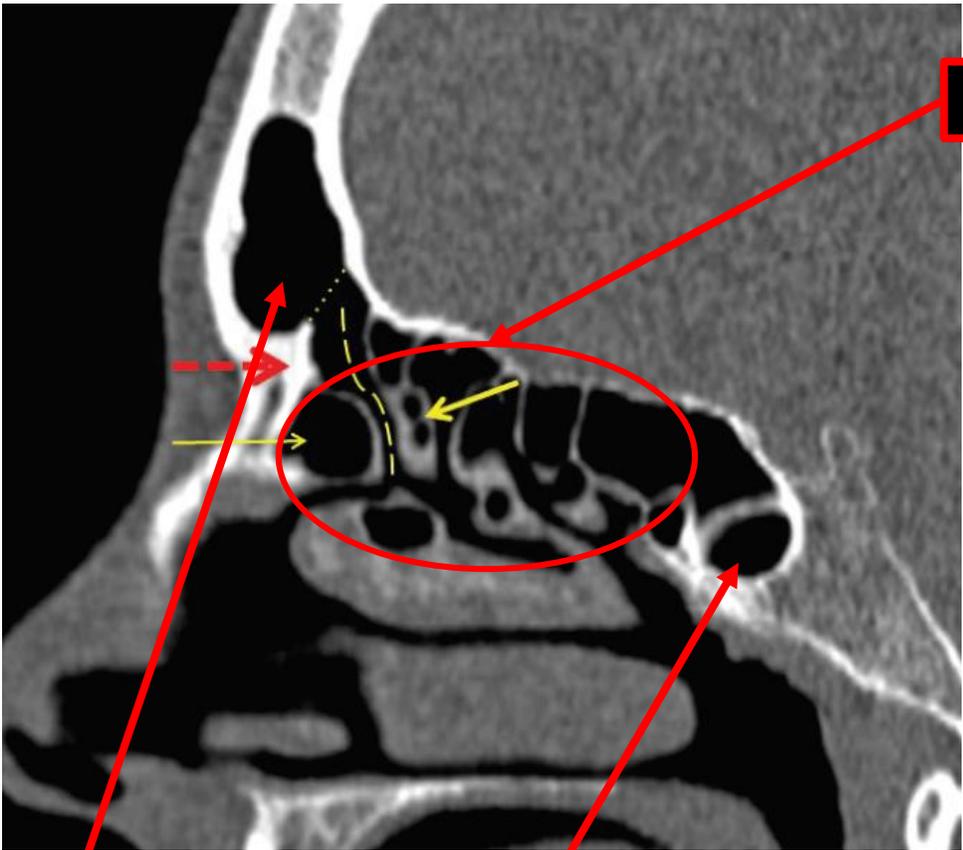
X光檢查 – WATER'S VIEW/ CAUDWELL VIEW



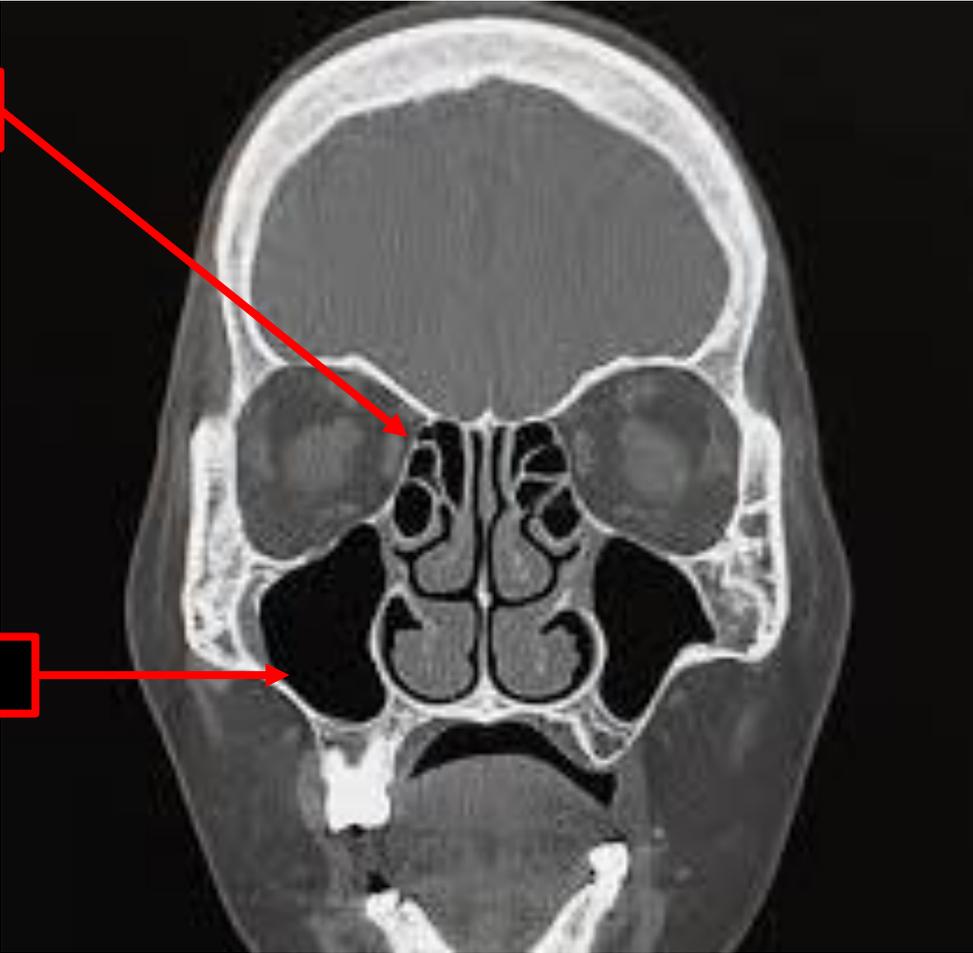
斷層檢查 – SINUS CT

- 鼻竇炎手術前評估
- 懷疑鼻竇病灶





篩竇

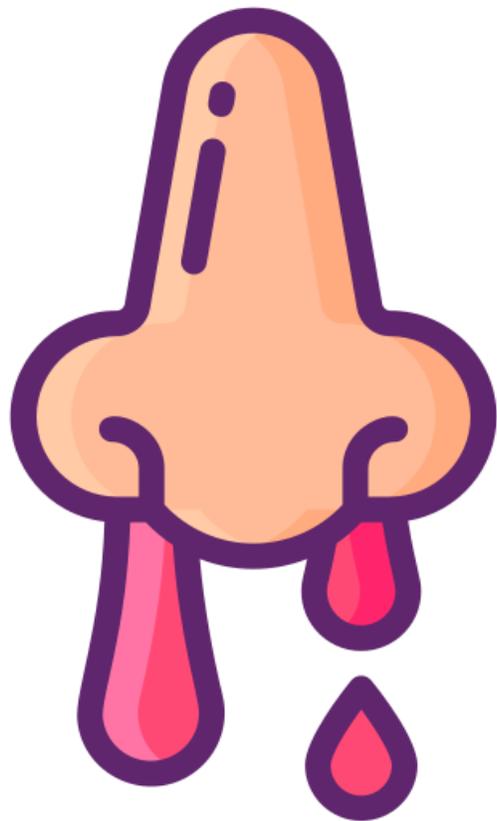


上頷竇

蝶竇

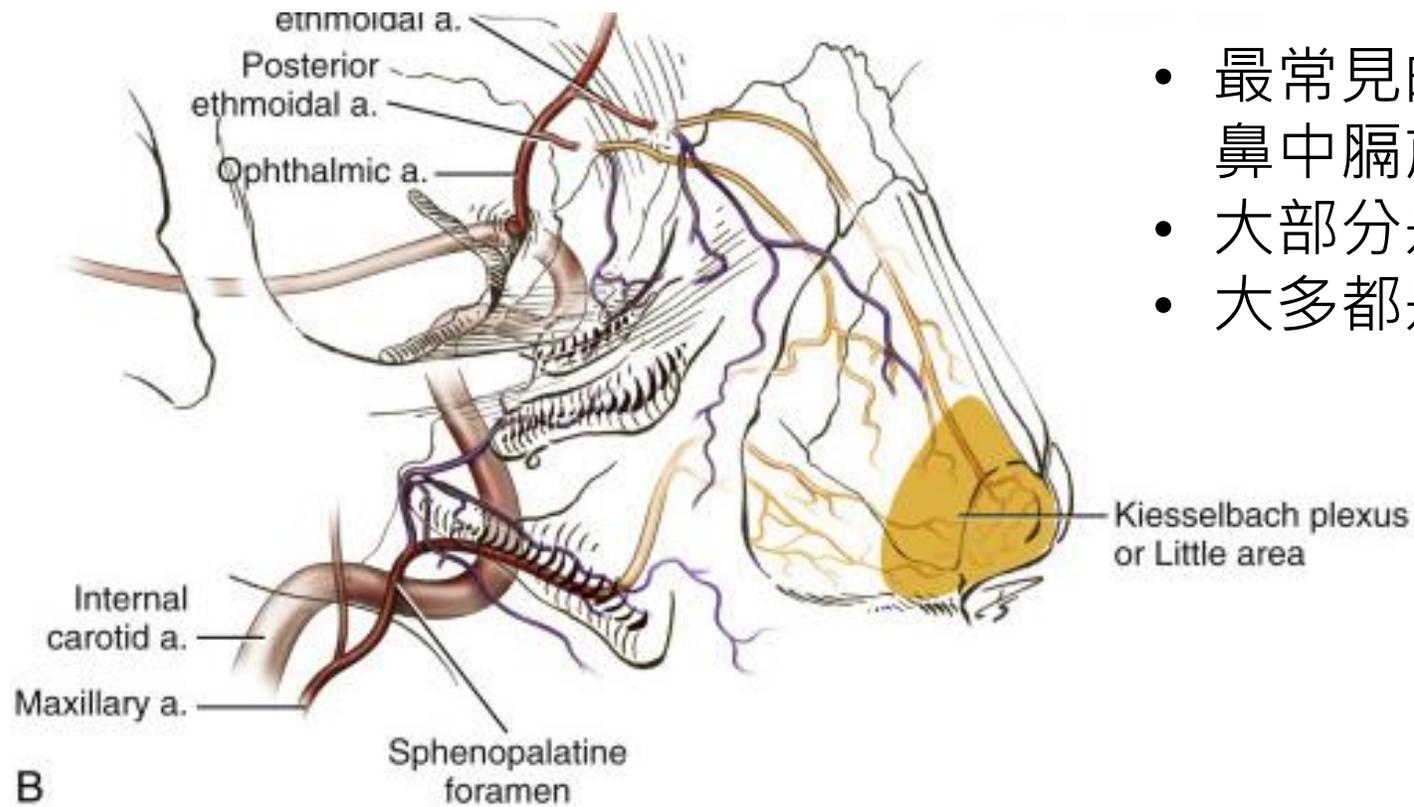
額竇

斷層檢查 - SINUS CT



常見疾病 |

流鼻血



- 最常見的鼻出血位置→Little's area
鼻中膈前側
- 大部分是原因不明出血
- 大多都是輕微出血，會自己止住

流鼻血

被證實與流鼻血相關的危險因子

- NSAIDs藥物使用
- 酒精使用
- 天氣因素 (冷天氣)

處置

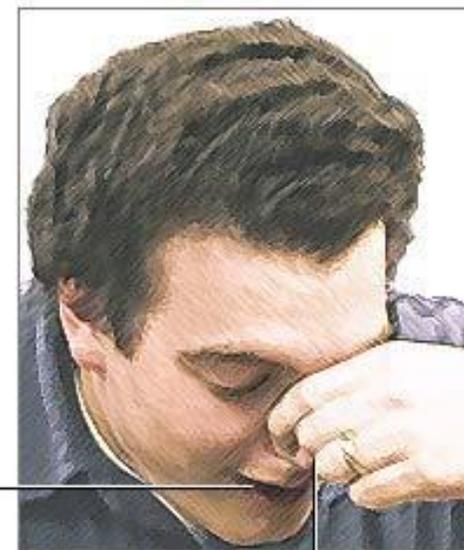
一律先採取加壓止血 → Hippocratic technique

頭前傾，食指及中指緊捏鼻前部軟處

不要緊張，維持這個姿勢10-15分鐘大部分病人即可止血

若持續出血則需後續處置

Sit and lean
forward slightly



Breath through
mouth

Pinch nostrils

流鼻血

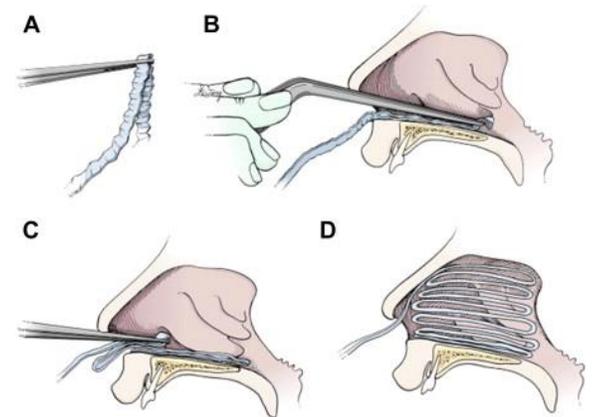
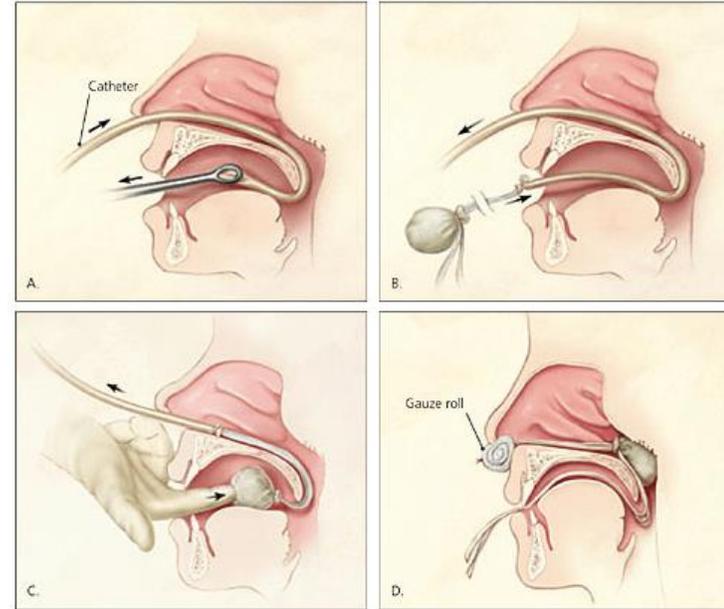
常見處理方式

鼻填塞 →

- 前側出血 → 使用凡士林紗條加壓止血出血點上
- 後側出血 → 使用 foley 打水加壓在出血點上

雙極電燒 →

- 將出血點結紮



流鼻血

鼻填塞後三日內需約回診取出凡士林紗條，避免感染
若病人抵抗力差或鼻部有感染風險可以加上抗生素使用

若反覆發作也需要排除其他疾病

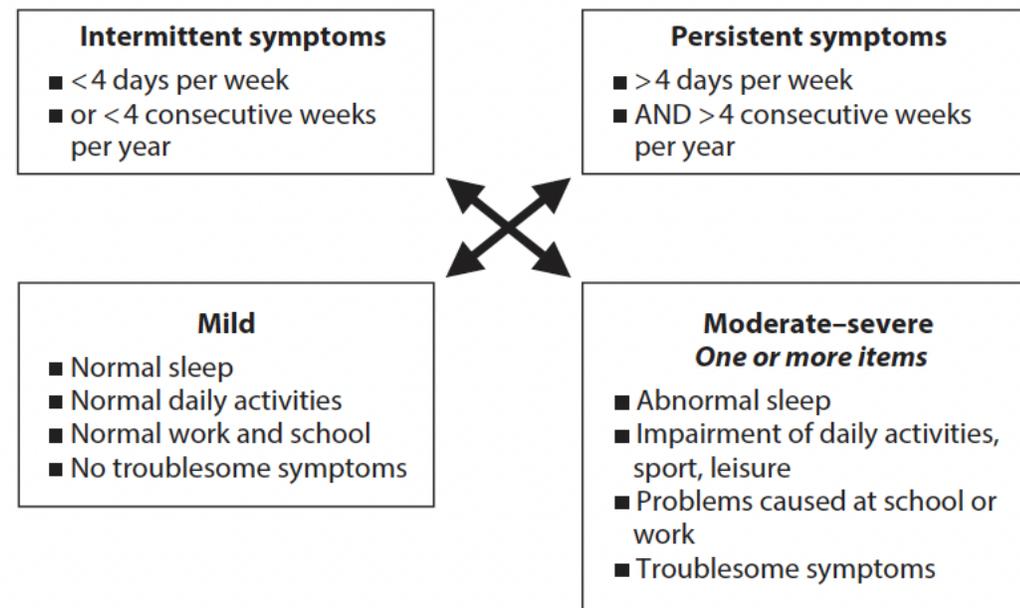
- 凝血功能障礙
- 鼻部血管瘤

過敏性鼻炎

過敏性鼻炎可依持續時間分為intermittent (IAR) and persistent (PAR)

診斷依賴症狀及病史搭配過敏原的檢測skin prick testing 或是 specific IgE levels in the blood (RAST)

和氣喘盛行率高低有正相關



過敏性鼻炎 – PRESENTATION

流鼻水、打噴嚏、鼻塞、鼻子癢、眼睛
喉嚨癢、

年紀較輕的孩童，可能只以鼻塞來表現
通常是清澈鼻水

全身檢查可能會發現其他異位性疾病

鼻黏膜白且腫，鼻粘膜上會有一層薄地
黏液



常見鼻部症狀描述

Nasal obstruction, nasal congestion 鼻塞

Rhinorrhea, runny nose 流鼻水

Sneezing 打噴嚏

Mucopus, nasal discharge, mucus, Clear/colored snot 鼻水

Post nasal dripping 鼻水倒流

Itchy nose, nasal pruritus 鼻子癢

Rhinitis 鼻炎

Sinusitis 鼻竇炎

過敏性鼻炎－診斷

相符的症狀及理學檢查就能給出診斷

但搭配過敏原檢驗才是標準的診斷方式

目前較為常用的檢查為抽血檢查 **IgE test, allergen test**

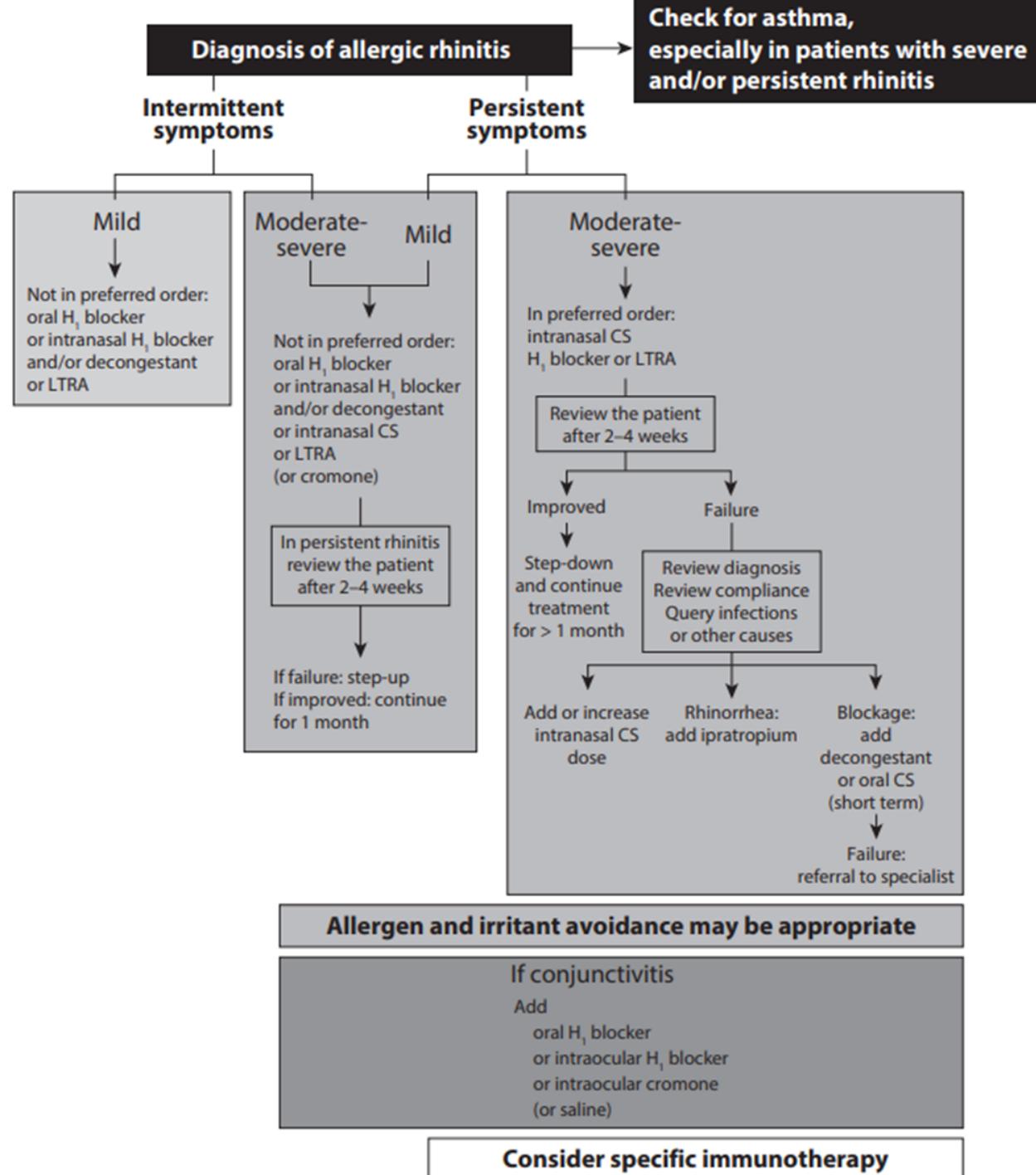
在過敏原的檢測中一般會先驗有沒有過敏後才驗對什麼過敏



過敏性鼻炎 — 治療

依據嚴重程度做治療選擇

依據後續症狀做藥物升階或降階



過敏性鼻炎 – 治療

第一線治療→

- 口服抗組織胺(1st generation: diphenhydramine, Vena, 2nd : Cetirizine, hiros)
- 抗組織胺噴劑(azelastine, Azela)
- 類固醇鼻噴劑(fluticasone, Avamys ; mometasone, Nasonex 孕婦可用)

後線治療→

- 口服類固醇
- 免疫治療

藥物

TABLE 91.2 Pharmacological treatments and their effects in allergic rhinitis

	Itch/sneezing	Discharge	Blockage	Impaired smell
Sodium cromoglicate	+	+	+/-	-
Oral antihistamines	+++	++	+/-	-
Ipratropium bromide	-	+++	-	-
Topical decongestants	-	-	+++	-
Topical corticosteroids	+++	+++	++	+
Oral corticosteroids	+++	+++	+++	++
Antileukotrienes	-	++	+	+/-

非過敏性鼻炎

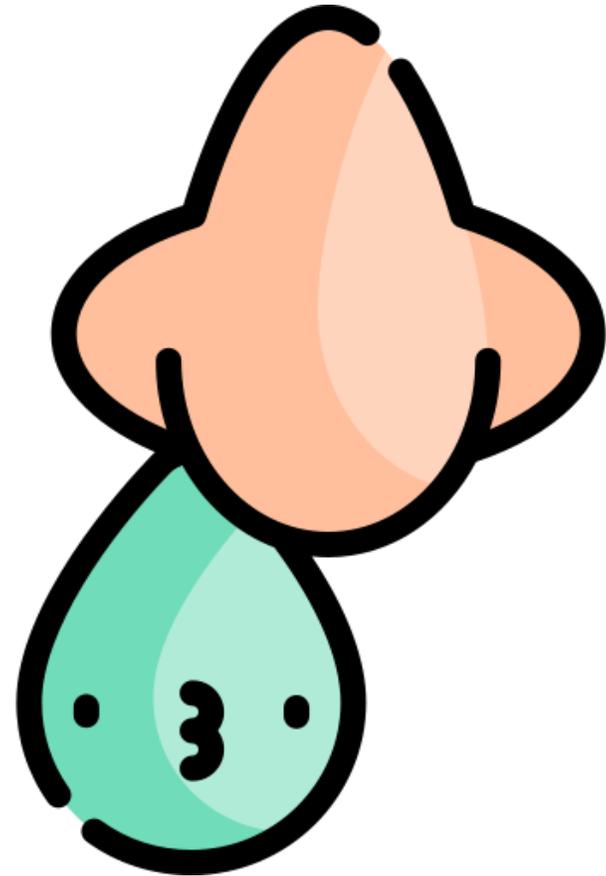
血管收縮性鼻炎(吃飯喝熱湯時
症狀加重)

賀爾蒙鼻炎(懷孕、甲狀腺低下)

藥物性鼻炎(避孕藥、長期使用
去充血型鼻噴劑)

非過敏性鼻炎之嗜酸性球症候
群

→ 治療上以抗組織胺、類固醇鼻噴劑
為主，但效果通常比AR差



急慢性鼻竇炎

急性為小於12週

慢性鼻竇炎則可分為有息肉和無息肉兩類

大部分為病毒性感染，只有少部分是細菌性或黴菌性感染

症狀：常常聞到臭味、鼻塞、頭痛、眼睛痛、流黃綠色的鼻涕



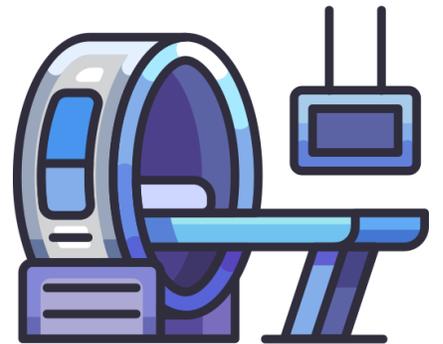
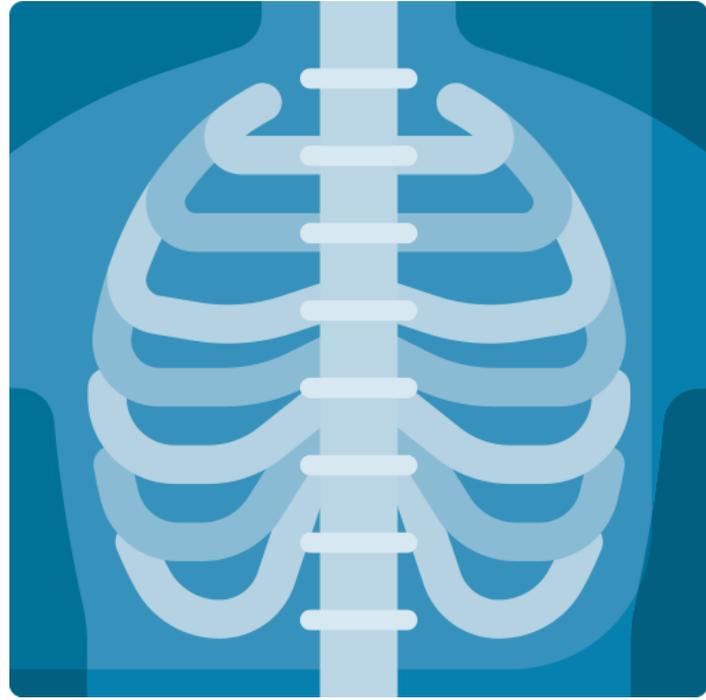
鼻竇炎評估

內視鏡

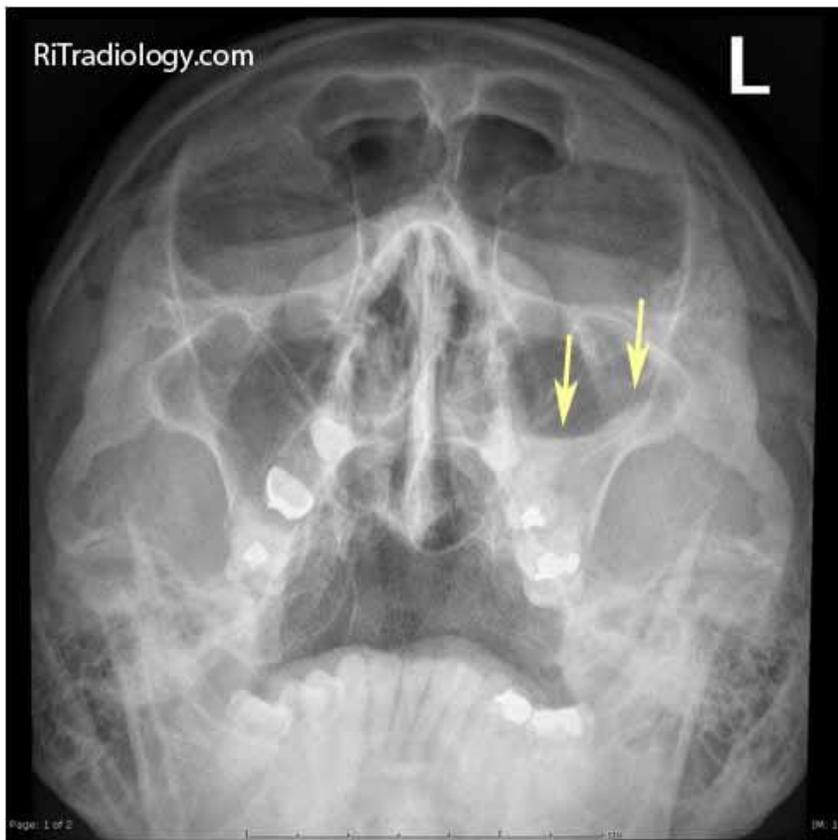
X光檢查 (Water's view)

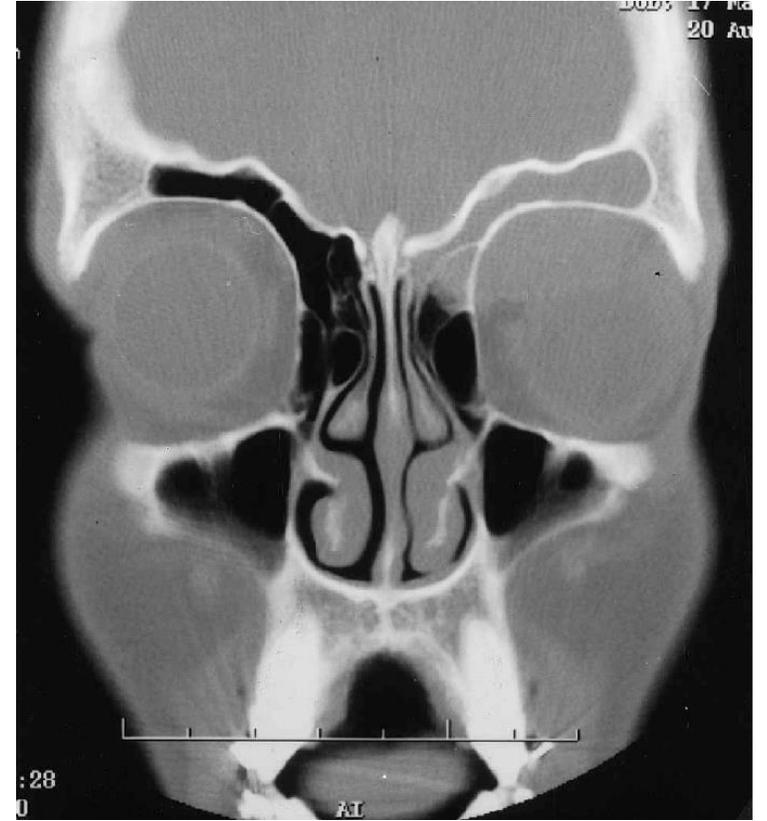
電腦斷層 (sinus CT 一般開立
non contrast即可)

鼻分泌物細菌培養(pus culture)



WATER'S 影像





鼻竇電腦斷層影像

急性鼻竇炎－處置

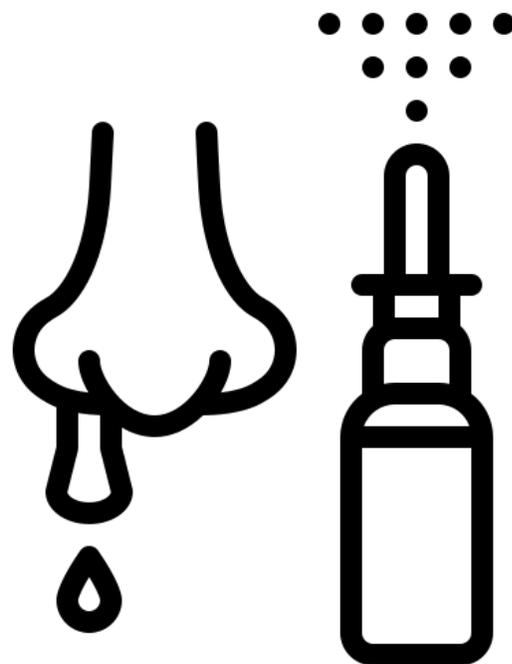
藥物治療為主

類固醇鼻噴劑

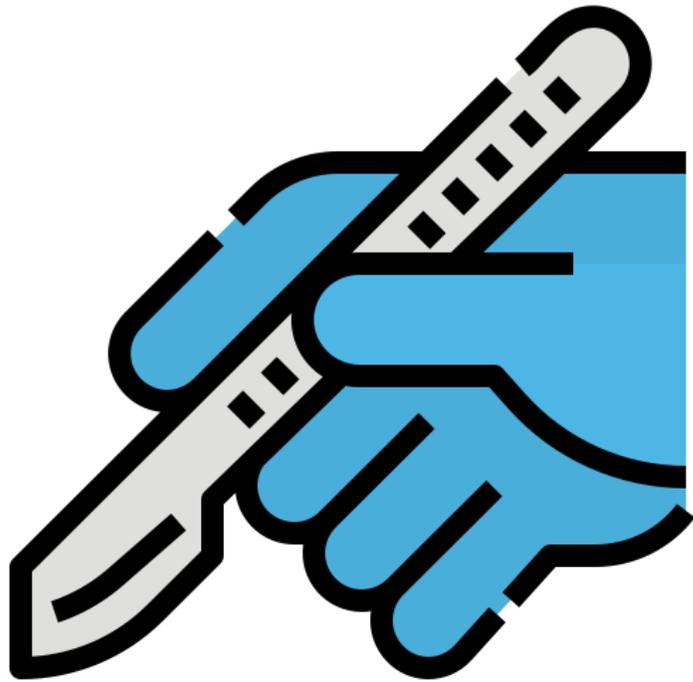
口服類固醇

建議洗鼻器，鼻部沖洗

避免使用口服抗組織胺



慢性鼻竇炎－處置



藥物控制（抗生素、類固醇）

若藥物治療無效則建議手術治療

鼻部沖洗

復發性的鼻竇炎可以考慮使用生物製劑治療

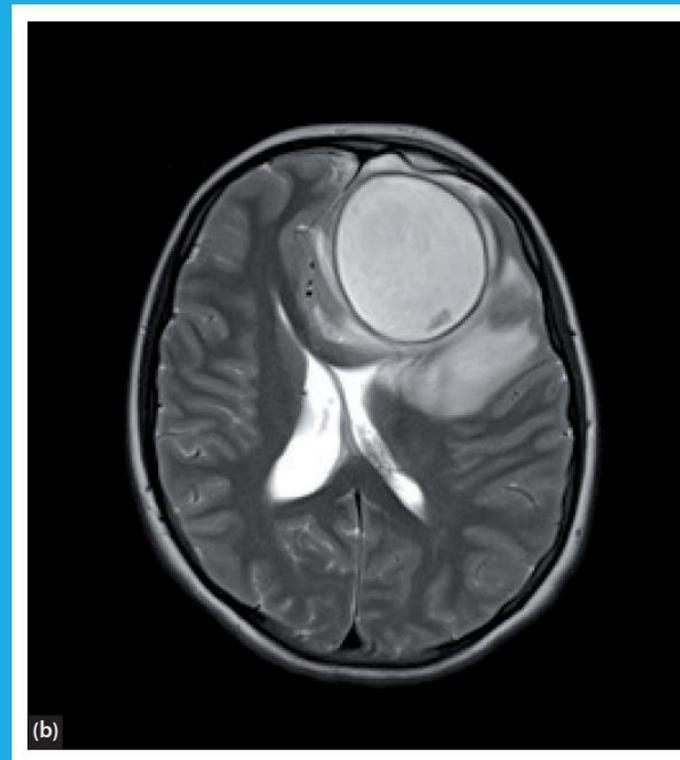
鼻竇炎急症！

複雜性鼻竇炎

眼睛 – 隔膜前蜂窩性組織炎、
眼窩化膿

腦部 – 硬膜下積膿、顱內化膿

骨部 – 骨髓炎、波特氏額頭膨
腫



鼻竇炎急症！



有鼻竇炎症狀加上

- 眼睛痛、視力模糊
- 額頭痛、額頭腫
- 嚴重頭痛

→ 記得排除鼻竇炎急症！

謝謝聆聽

