

## 16.10 Testicular Torsion

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DEFINITION	Testicular torsion occurs when a testicle rotates on the spermatic cord, which provides blood flow to the testicle. The rotation cuts off the flow of blood and causes sudden, often severe pain and swelling. Testicular torsion is most common in males under 25, but can occur at any age and involves the left testes more often than the right. Testicular torsion requires emergency treatment.
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SUBJECTIVE	<u>May include:</u> <ol style="list-style-type: none"><li>1. Sudden or severe pain in one testicle</li><li>2. Swelling of the scrotum</li><li>3. Nausea and vomiting</li><li>4. Abdominal pain</li></ol>
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OBJECTIVE	<u>May include:</u> <ol style="list-style-type: none"><li>1. Pain in involved testicle when in elevated position</li><li>2. Genito-urinary exam:<ol style="list-style-type: none"><li>a. Enlargement and edema of the testicle</li><li>b. Scrotal erythema</li><li>c. Ipsilateral loss of the cremasteric reflex (drawing up of the scrotum and the testicle in response to scratching of the skin over Scarpa's triangle or on the inner side of the thigh on the same side of the body).</li><li>d. Exquisite tenderness of the involved testicle</li></ol></li></ol> <u>Must include:</u> <ol style="list-style-type: none"><li>1. Vital signs: BP, temperature, pulse</li></ol>
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LABORATORY	
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ASSESSMENT	Testicular torsion
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PLAN	1. Immediate referral to ER or urologist
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PATIENT EDUCATION	<ol style="list-style-type: none"><li>1. Advise patient this is a medical emergency</li><li>2. Emphasize the importance for immediate medical attention</li></ol>
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