



Assessment and treatment of Globus, a narrative review

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Background

'Globus pharyngeus' or 'globus' presents a clinical challenge and is difficult to define, challenging to measure and often, complex to treat. There is heterogeneity of diagnostic and treatment approaches in the literature for globus.

Aims

- (1) identify assessment and diagnostic practices for globus
- (2) identify pharmacological and non-pharmacological treatments for globus

Methods

Databases:

Scopus, PubMed, Embase, PsycINFO, Cochrane, Web of Science

Search terms:

"'globus" OR "globus pharyngeus" OR "globus hystericus" OR "lump in the throat" OR "globus sensation" OR "globus symptom*" OR "laryngopharyngeal reflux symptoms" OR "persisting throat symptom*" (Topic) "Idiopathic" OR "functional" OR "psychogenic" OR "hysterical" OR "medically unexplained" OR "medically unexplained symptom*" (Topic)"

Search criteria:

Peer-reviewed articles in English, 2000 onwards
Seminal or relevant articles also reviewed for inclusion

Analysis:

Inclusion and organisation via themes & critical analysis

Assessment

Instrumental	Patient reported outcome	Diagnostic framework
Laryngoscopy	Barium swallow	Transnasal Flexible Laryngo-Esophagoscopy
High resolution / impedance manometry	Upper Endoscopy	CT Neck
pH monitoring analysis	Glasgow-Edinburgh Throat Scale	Rome Foundation Diagnostic Criteria

Treatment

Pharmacological	Surgical	Non-pharmacological
Gut-brain neuromodulator	PPI / H2RA / Alginates	Non-western herbal medicine
Surgical intervention	Cognitive-Behavioural Therapy	Hypnotically-Assisted Relaxation therapy
Speech Pathology-led therapy	Traditional non-western treatments	Reassurance

Key questions

Is Globus a standalone condition or concomitant symptom?

What is the relationship between globus and other disorders?

How do clinicians assess candidacy for pharmacological versus non-pharmacological treatment?



Conclusion

Diagnostic methods and frameworks lack specificity. There are varied levels of evidence for pharmacological and non-pharmacological treatment; and, robust diagnostic and therapeutic schemes for selection and evaluation do not exist.