

Pharyngitis – Bacterial/Viral – Level I

PHARYNGITIS - BACTERIAL/VIRAL

Level I

Skill Level: RN

Definition: An inflammation of the mucous membrane of the pharynx, tonsils or both. Cause may be viral or bacterial.

<p>Subjective:</p> <ul style="list-style-type: none">• Runny nose and/or sneezing.• "I have a sore throat."	<p>Assessment:</p> <ul style="list-style-type: none">• Alteration in comfort.• Potential for fluid volume deficit.• Potential for alteration in nutritional status.• Potential for sensory deficit: hearing.• Pharyngitis.
<p>Objective:</p> <p>Criteria for Strep:</p> <ol style="list-style-type: none">1. Exudates may be present.2. Tender neck nodes present.3. Absence of cough.4. Temperature of 100.4 degrees F or higher. <ul style="list-style-type: none">• No drooling or breathing difficulties.• Cough may be present. Unlikely to be strep if cough is present.	<p>Plan:</p> <ul style="list-style-type: none">• If drooling, or breathing difficulties, call provider.<ul style="list-style-type: none">➢ See "Criteria for Strep: If 0-1 criteria for strep are present, risk for strep is low and no further intervention is needed.➢ If 2-4 criteria for strep are present, go to Level II protocol. <p>Patient education and self-care items for this protocol include:</p> <p>After checking for allergy to medications, may suggest: Tylenol, Aspirin, or Ibuprofen from the housing unit.</p> <ul style="list-style-type: none">• <u>Naprosyn, Aspirin, and Ibuprofen are not recommended for pain management for pregnant patients, please instruct all pregnant patients to use Acetaminophen (available in housing units) for minor pain management.</u> <p style="text-align: right;">(CONT)</p>

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	<p>At nursing discretion may use any of the below:</p> <ul style="list-style-type: none">• Saline gargles.• Push fluids.• Rest voice.• May order soft diet x 72 hours.
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Patient Teaching:

1. Increase hydration with non-caffeinated beverages.
2. Advise that discomfort may last several days.
3. Return to clinic if signs and symptoms increased or no improvement in 3 days.
4. Encourage good hand washing and hygiene.

APPROVED:

Medical Services Manager

Date

Chief Medical Officer

Date

Steve Shelton M.D.

2/24/2015

Medical Director

Date

Date Effective: 3/2015
Revised: February 2015