

PHARYNGITIS - BACTERIAL/VIRAL

Level II

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"> • Abrupt onset, possible rash • Plugged ears. • Difficulty swallowing foods/liquids. • Elevated temperature. 	<p>Assessment:</p> <ul style="list-style-type: none"> • Alteration in comfort. • Potential for fluid volume deficit.
<p>Objective:</p> <p>Criteria for Strep:</p> <ol style="list-style-type: none"> 1. Exudates present. 2. Tender neck nodes present. 3. No cough. 4. Temperature of 100.4 degrees F or higher. <ul style="list-style-type: none"> • Throat may be beefy red. • Pustules may be present. • Some swelling of the throat may be present. • Ears: Dull and/or retracted tympanic membranes. Ear canal may be pink • Fine red rash may be present with sore throat. • No drooling or severe swelling of the pharynx. • • No breathing difficulty. 	<p>Plan:</p> <p>Provide Level I treatment plan plus:</p> <ul style="list-style-type: none"> • Notify practitioner immediately if patient has drooling, breathing difficulties, or severe swelling in the pharynx. • If patient with a painful sore throat and/or objective findings has Diabetes, is immune compromised, or is on chronic steroids, do a strep culture, and call the provider. <p>At nursing discretion may use any of the below:</p> <ul style="list-style-type: none"> • If 2-3 strep criteria listed in the objective section are present, consider sending a strep culture and arrange nurse recheck. • For symptomatic care, see pharyngitis level one and nursing education. • If all four criteria for strep are present, may initiate antibiotic therapy below. • Do not use antibiotics unless all four "Criteria for Strep" are met and documented in the chart. <u>Call provider before issuing any medications to pregnant patients, complete pregnancy test as needed.</u> • Amoxicillin 500 mg TID x 10 days, OR • EES 800 mg BID x 10 days if Penicillin allergy.

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Patient Teaching:

1. Increase hydration with non-caffeinated beverages.
2. Explain disease process and outcome; Strep infection is rare in adults.
3. Return to clinic if signs and symptoms increased or no improvement in 3 days
4. Encourage good hand hygiene.
5. For topical pain relief patient can sip hot tea, use warm salt water gargles, or purchase lemon drops from the canteen.

Nursing Education:

1. Sore throat with fever that won't resolve with conservative measures can be a serious condition such as retropharyngeal abscess. Call provider if questions.
2. Overtreatment of acute pharyngitis represents a major cause of inappropriate antibiotic use. Contrary to provider preconceptions, receiving an antibiotic prescription is not a top priority for patients seeking care. However, pain relief is one of the most important reasons for patient visits.
3. "Strep Throat" is unusual in adults. Do not overuse antibiotics.
4. Severe pharyngitis with diffuse mouth lesions can be a manifestation of Acute HIV. Consult a provider.

APPROVED:

Medical Services Manager

Date

Chief Medical Officer

Date

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2/24/2015

Medical Director

Date

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