

**SINUSITIS
Level I**

Skill Level: RN

Definition: Sinusitis is an inflammatory process caused by bacterial, viral, fungal or allergic condition that changes the mucosa of a sinus.

<p>Subjective: Patient may report any or all of the following:</p> <ul style="list-style-type: none"> • Nasal congestion or discharge. • Nocturnal postnasal drip with resultant cough. • Mild pain in the area of the involved sinuses. • Minimal or no generalized symptoms such as malaise or myalgia. • Headache. • Simulation of a toothache in some cases of maxillary sinusitis. 	<p>Assessment:</p> <ul style="list-style-type: none"> • Alteration in comfort. • Sensory deficit: olfactory • Potential: ineffective breathing pattern. • Sinusitis
<p>Objective:</p> <ul style="list-style-type: none"> • Nasal discharge, clear or thin white or yellow/green for less than 10 days. • Tenderness over the involved sinus. • No facial swelling or redness. • No persistent fever, purulent nasal discharge, and facial pain. • Temperature of 100.4 degrees F or higher 	<p>Plan:</p> <p>Patient education handout regarding use of medication from the housing units. At nursing discretion may use any of the below:</p> <ul style="list-style-type: none"> • Hot wet pack to sinus area x 20 minutes, followed by cold compress x 20 minutes QID. • Increase hydration. • Return if no improvement in 5 days. • Sniff salt water to affected nostril, TID, prn. See instructions for dilution in patient teaching. • If persistent facial swelling, purulent nasal discharge, pain or fever present, refer to Sinusitis Level II protocol.

Sinusitis – Level I

Patient Teaching:

1. Decrease exposure to known irritants.
2. Hydration: Instruct client to increase fluid intake to 2-3 liters or more per day.
3. Avoid vigorous nose blowing.
4. Reinforce need for hand washing.
5. Saline Solution: Dissolve ¼ teaspoon of salt in 1 cup warm water.

Nursing Education

Symptoms do not accurately distinguish viral from bacterial infection. Acute Bacterial Rhino Sinusitis (ABRS) is suggested by persistent symptoms or signs of Acute Rhino Sinusitis (ARS) lasting ≥10 days without clinical improvement, onset of severe symptoms or signs (high fever, purulent nasal discharge, or facial pain) for at least three to four consecutive days at the beginning of illness, or initial symptom improvement followed by worsening symptoms or signs.

APPROVED:

Medical Services Manager

Date

Chief Medical Officer

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Date

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