SHINGLES

Assess patient factors

- Pregnant → **REFER**

- Immunocompromised (disease state or medications) → **REFER ± Antiviral Rx**

Assess signs / symptoms / red-flags

- Atypical presentation such as lesions on both sides of body midline → **Consider alternate cause ± REFER**

- Vesicles on nose, blurred vision, pain in eye
- Vesicles in or around ear, ear pain, vertigo, facial paralysis
- Neurologic changes such as confusion or delirium
- Systemic symptoms such as nausea, vomiting, fever, chills
- Severe pain (>7 on a 10 point scale)

→ **REFER ± Antiviral Rx**

Symptoms typical of shingles:

- Unilateral rash following a dermatome
- Macules/papules progressing to vesicles, pustules
- Prodrome of pain, burning, tingling, numbness 1 to 5 days before rash (sometimes)
- Flu-like symptoms (sometimes)

Onset of rash > 72 hrs, no red flags	Age < 50 yrs, otherwise healthy	Onset < 72 hrs, age >50 yrs
Non-pharmacologic treatment OTC analgesics	Non-pharmacologic treatment OTC analgesics *± Rx antiviral for 7 days*	Non-pharmacologic treatment OTC analgesics Rx antiviral x 7 days

Follow-up in 7 days

- Pain improved
- No new vesicle formation
- Blisters scabbed over

No to any → **REFER**

Yes to all

- Continue non-pharm and OTC analgesics PRN
- Further antivirals not needed
- Advise patients to consult pharmacist, MD or NP if pain persists or worsens