

Acute Sore Throat



osce toolbox

For adults and children > 5y/o.

exclude : pregnant women under 16.



IS THE PATIENT AT RISK OF DETERIORATING OR SERIOUSLY UNWELL?

Suspecting Epiglottitis?

The 4 Ds :-> Dysphagia
Dysphoria
Drooling
Distress

Severe Complications?

e.g. clinical dehydration
Pharyngeal abscess.

Stridor?

noisy, high pitched sound with breathing.

yes

Consider:

Calculating NEWS2 Score
Signposting to A&E
Calling 999

no

Is the patient immunosuppressed?
Signs/symptoms of suspected cancer?
Signs/symptoms of scarlet
fever/quinsy/glandular fever?

• refer to NICE CKS for symptoms to look for.

yes

Refer to:

GP
Any other providers you feel
appropriate.

<https://cks.nice.org.uk/>

no

Use FeverPAIN Score to assess

F
P
A
I
N

Fever >38°C.

Purulence

First Attendance within 3 days after symptom onset

Severely Inflamed tonsils

No cough/coryzal symptoms.

↳ cold symptoms.

FeverPAIN Score
0 or 1

Self-care and Pain Relief

No antibiotics.
OTC symptomatic
relief.
Drink adequate
fluids.

FeverPAIN Score
2 or 3

Self-care and Pain Relief

Antibiotics make
little difference in
symptom duration
and withholding is
unlikely to cause
complications.

FeverPAIN Score
4 or 5

TREAT USING TARGET RTI RESOURCES

Mild symptoms:

Consider pain relief
Self-care as first line treatment.

Severe symptoms:

Consider offering immediate
antibiotic:

5 day course of

Phenoxymethylpenicillin.

subject to inclusion/exclusion
criteria in PGD.

If no improvement return for pharmacist reassessment in:

1 week

3-5 days

* IMPERATIVE to check for allergies with patient / carer
and on National Care Record.

Refer patient to GP or other appropriate
healthcare provider if symptoms don't improve
after treatment course is complete.

Penicillin Allergy?

Offer a 5 day course of
Clarithromycin and advice on
self care.

Pregnant?

Offer a 5 day course of
Erythromycin and advice on self
care.

ALL PATIENTS:

- Advise to contact GP/ healthcare provider if symptoms worsen rapidly or significantly at any time .
- Give self-care and safety-netting advice using the TARGET Respiratory Tract Infection Leaflets.