

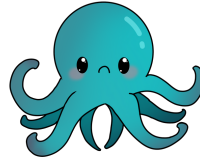
# Acute Sinusitis



osce toolbox

For adults and children >12 y/o.

exclude: immunosuppressed patients.  
: chronic sinusitis - over 12 weeks.  
: pregnant women < 16 y/o.



IS THE PATIENT AT RISK OF DETERIORATING OR SERIOUSLY UNWELL?

## Intra/Periorbital Complications?

e.g. orbital cellulitis, displaced eyeball, reduced vision.

## Intracranial Complications?

swelling over the frontal bone.

## Signs of Meningitis?

severe frontal headache, focal neurological signs.

yes

## Consider:

Calculating NEWS2 Score  
Signposting to A&E  
Calling 999

no

## Do they have 1 or more of these symptoms?

Nasal blockage

obstruction/congestion.

Nasal discharge

anterior/posterior post-nasal drip.

## With 1 or more of these symptoms?

Facial pain/pressure (or headache).

Reduction (or loss) of the sense of smell.  
↳ in adults

Cough during the day or at night.  
↳ in children.

yes

POTENTIAL  
ACUTE  
SINUSITIS

no

ACUTE  
SINUSITIS  
LESS  
LIKELY

consider an alternative diagnosis.

Symptoms for ≤10 days?

no

Symptoms for >10 days with  
no improvement?

yes

## Self-care and Pain Relief

no antibiotics needed.  
sinusitis usually lasts 2-3 weeks.

## Self-care and Pain Relief

Plenty of rest  
drinking lots of fluids.  
paracetamol/ibuprofen for pain.  
cleaning nose with salt water solution to ease congestion.

yes

## 2 or more of these symptoms suggest acute bacterial sinusitis:

Marked deterioration after an initial milder phase  
Fever > 38°C.

Unremitting purulent nasal discharge  
Severe localised unilateral pain  
particularly a toothache over the jaw.

yes

## Based on symptom severity:

14 day course of high-dose nasal corticosteroids, self-care and pain relief as first-line.

2nd line: Phenoxymethylpenicillin and self-care.  
subject to inclusion/exclusion criteria in PGD.

Ask patient to return to

Community Pharmacy if symptoms do  
not improve in 7 days for pharmacist  
reassessment

## Penicillin Allergy?

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

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

## Pregnant?

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

## ALL PATIENTS:

- Inform patients that acute sinusitis takes 2-3 weeks to resolve, is usually caused by a virus and often doesn't require antibiotics.
- Advise to visit GP/ healthcare provider if symptoms worsen rapidly or significantly at any time OR do not improve after completed
- Use the [TARGET UTI Leaflet](#) to share self-care and safety-netting advice.