

Kathy Kronele

STANDING ORDER

SORE THROAT

I. ASSESSMENT

- a. History (what the inmate tells you)
 - i. Onset of sore throat
 - ii. Do they have other symptoms – fever, rhinorrhea, cough, malaise, rash, hoarseness, nausea, vomiting, diarrhea, headache.
- b. Exam
 - i. Take vital signs, including temperature
 - ii. Inspect throat – look for redness and swelling of the throat. Do they have exudate seen on the tonsils? Are the tonsils enlarged?
 - iii. Feel the neck – are there lymph nodes that are enlarged and tender?

	History	Exam
<i>Strep Pharyngitis</i>	Acute onset of severe sore throat and fever is almost always present, sometimes nausea, vomiting, and abdominal pain. No viral symptoms present – rhinorrhea, cough, red eyes, hoarseness. Rash presents within 1-5 days after sore throat begins – this is then defined as scarlet fever if rash present with the above concerns.	Beefy, red tonsils and pharynx with exudate Fever present – low grade is fine Enlarged tender lymph nodes of the neck Rash presents on the chest and armpits then spreads to abdomen and extremities – spares the palms and soles. Rash is red and flat but can have sand-paper texture “sunburn with goose pimples”.
<i>Viral Pharyngitis</i>	Sore throat without fever and symptoms generally less severe. May or may not have other symptoms. No rash. No nausea or vomiting.	Pharynx is red Lymph nodes may or may not be enlarged and tender No fever present
<i>Viral URI</i>	Sore throat that is milder and is present with rhinorrhea, cough, red eyes, or hoarseness. Mild malaise, if present.	Pharynx is red, no tonsil enlargement. No exudate on tonsils. No fever. Nasal congestion present. May hear mild cough during exam. No rash. No lymph node enlargement.

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II. MANAGEMENT

(Based on the above table follow the following steps based on history and presentation)

a. Strep Pharyngitis**i. Obtain Rapid Strep Test****1. If positive:**

- a.** Penicillin 500 mg PO TID for 10 days
- b.** If PCN allergy OR inmate will not be in custody for length of treatment:
 - i.** Azithromycin 500 mg PO daily for 5 days
- c.** Place inmate in medical housing until 24 hours after first dose of antibiotics to avoid spreading.
- d.** Offer the following analgesics:
 - i.** Tylenol 1,000 mg PO BID prn pain for 7 days OR
 - ii.** Ibuprofen 600 mg PO BID prn pain for 7 days
- e.** Advise on salt water gargles

2. If negative:

- a.** Send swab for throat culture
- b.** Advise on salt water gargles
- c.** Offer the following analgesics:
 - i.** Tylenol 1,000 mg PO BID prn pain for 7 days OR
 - ii.** Ibuprofen 600 mg PO BID prn pain for 7 days
- d.** When results are back, give to Facility Provider for review

b. Viral Pharyngitis OR Viral URI

- i.** Advise on salt water gargles
- ii.** Offer the following analgesics:
 - 1.** Tylenol 1,000 mg PO BID prn pain for 7 days OR
 - 2.** Ibuprofen 600 mg PO BID prn pain for 7 days

III. EVALUATION

- a.** If symptoms worsen or persist for more than 5 days regardless of the above treatment given, please schedule inmate to see Facility Provider on next clinic day.