Sinus and Nasal Disorders

- Symptoms include nasal obstruction, rhinorrhea, change in sense of smell, post nasal drip, facial pressure, persistent headaches
- Recurrent acute sinusitis – sinus infections generally lasting 2 weeks with resolution of symptoms after treatment
- Chronic sinusitis (CRS) – persistent of sinus symptoms continuously for more than 3 months

Information Required

- Presence of red flags
- Duration of symptoms
- Treatment prescribed and patient compliance with topical treatments for at least 3 months
- Allergy results with RAST or skin prick testing
- Failure to stop epistaxis with topical treatments and silver nitrate cauterisation

Investigations Required

- Allergy tests if possible
- CT if red flag present or after a 2 month course of medical therapy

Approved by Prof Eng Ooi

Date:

Fax Referrals to

- ENT Clinic Fax: 8374 4928

Red Flags

- Unilateral nasal discharge mixed with blood persistently for more than a month
- Orbital symptoms (swelling, redness, loss of vision or eye pain) with sinusitis
- Persistent unilateral clear nasal discharge and beta-2 transferring positive on testing (CSF)
- Abnormal imaging with suspected malignancy is reported

Suggested GP Management

For chronic sinusitis (CRS)

- Nasal rinsing/douching
- Topical steroid sprays daily (2 sprays each nostril daily for the first month then 1 spray each nostril daily for 2 months)
- Oral antibiotics if there is coloured nasal discharge (e.g. greenish)
- Advise to cease smoking (if patient is a smoker)

For recurrent acute sinusitis

- Same as CRS
- Referral indicated only if > 4 infections/year

For epistaxis

- Topical treatment with Vaseline and/or nasalate nosebleed gel
- Cauterise with silver nitrate

Clinical Resources

- EPOS 2012: European position paper on rhinosinusitis and nasal polyps 2012. A summary for otorhinolaryngologists, Fokkens WJ et al, Rhinology. 2012 Mar;50(1):1-12.
- Recent trends in epistaxis management in the United States: 2008-2010. Villwock JA, Jones K, JAMA Otolaryngol Head Neck Surg. 2013 Dec;139(12):1279-84.

Patient Information

- ENT UK: Sinus Infection (Sinusitis) https://entuk.org/ent_patients/nose_conditions/sinusitis
- American Academy of Otolaryngology – head and neck surgery: Information on a range nose and mouth conditions http://www.entnet.org/healthinformation/noseandmouth.cfm

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients

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Version	Date from	Date to	Amendment
2.0	Sept 2014	Sept 2016	Oct 2013
2.1	Nov 2016	Nov 2018	Review