

## University of Michigan Health System

# Guideline Utilization, Implementation, Development, and Evaluation Studies

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Memorandum

To: Family Physicians, General Internists, Otolaryngologists, Adult Primary Care Nurse Clinicians

From: GUIDES (Guideline Utilization Implementation Development and Evaluation Studies)

Connie Standiford, MD, GUIDES Lead Van Harrison, PhD, GUIDES Co-Lead

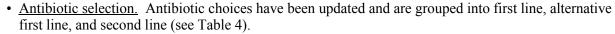
Grant Greenberg, MD, MA, MHSA, Guideline Development Clinical Lead

Subject: UMHS Clinical Care Guideline Update: Rhinosinusitis

The updated UMHS clinical care guideline "Rhinosinusitis" has been sent electronically to health care clinicians.

#### What's New!

• <u>Probability estimation.</u> Discussion of how to estimate the probability of acute bacterial sinusitis has been expanded to include symptom duration.



• <u>Adjuvant therapy.</u> Information on options and their likely effectiveness has been updated and the targeted diagnosis and symptoms addressed by adjuvant therapy has been clarified.

### Key aspects.

• <u>Diagnosis</u>. Estimate the probability of acute bacterial rhinosinusitis based on history and physical examination.



- <u>Treatment.</u> Decide whether or not to prescribe antibiotic therapy based on benefits (the probability that you are treating a bacterial infection) and risks. Symptoms resolve within two weeks without antibiotics in 70% of cases and with antibiotics in 85% of cases.
- <u>Medications.</u> Amoxicillin or trimethoprim/sulfamethoxazole for 10-14 days remain the agents of choice for acute bacterial rhinosinusitis. First line alternative antibiotics include doxycycline (100 mg BID x 10-14 days) for the lowest cost and azithromycin (500 mg daily x 3 days) for the shortest course.
- <u>Imaging.</u> If symptoms of rhinosinusitis persist for more than three weeks despite antibiotics or recur more than three times per year, perform a limited sinus CT (coronal plane) while the patient is symptomatic to reassess diagnosis and determine need for referral.

#### Internet Links.

Patient Education:

Saline Nasal Sprays & Irrigation

UMHS Clinical Care Guidelines: http://www.med.umich.edu/i/oca/practiceguides/