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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)
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Subject: UMHS Clinical Care Guideline Update: Rhinosinusitis

The updated UMHS clinical care guideline “Rhinocinsitis” has been sent electronically to health care clinicians.

What’s New!

- **Probability estimation.** Discussion of how to estimate the probability of acute bacterial sinutisis has been expanded to include symptom duration.
- **Antibiotic selection.** Antibiotic choices have been updated and are grouped into first line, alternative first line, and second line (see Table 4).
- **Adjuvant therapy.** 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.

- **Diagnosis.** Estimate the probability of acute bacterial rhinosinusitis based on history and physical examination.
- **Treatment.** 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.
- **Medications.** 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.
- **Imaging.** 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/](http://www.med.umich.edu/i/oca/practiceguides/)