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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
Lee Green, MD, MPH, Guideline Development Clinical Lead

Subject: UMHS Clinical Care Guideline Update: Rhinosinusitis

The guideline is consistent with the Agency for Health Care Policy and Research Evidence Report on Diagnosis and Treatment of Acute Sinusitis (1998) and is adapted for local use.

**What's New!**

- **Probability estimation.** Discussion of how to estimate the probability of acute bacterial sinusitis has been expanded.
- **Antibiotic selection.** Antibiotic choices have been updated and grouped into first line, alternative first line, and second line (see antibiotic table on back of this page).
- **Adjuvant therapy.** Information on options and their likely effectiveness has been updated.

**Key aspects.** Key aspects of care include:

- **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. Doxycycline (100 mg BID x 10-14 days) and azithromycin (500 mg daily x 3 days) are the lowest cost first-line alternative antibiotics.
- **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.

**Patient education material.**

- “Sinusitis (Acute Bacterial Rhinosinusitis)” patient handout is available by Internet on Health Topics A-Z. Access through UMHS Clinical Home Page (under "Clinical Resources", click on “Patient Education” http://www.med.umich.edu/i/pteducation/), click on “Health Topics A-Z” and type in “depression”. Or access through CareWeb (select "References" from the left side of the screen, then select "UMHS Patient Education"). The links to the updated Health Topics A-Z patient education sheets are also located on the Guidelines Web Page.

**Computer access to guidelines.** To open the UMHS clinical guidelines on the Internet from within UMHS: Open the Internal Home Page and click on the icon for Clinical Home Page. Under “Clinical References” click on Clinical Guidelines. From this site you can either view or print copies using Adobe Acrobat. (If your computer does not open automatically to the UMHS Internal Home Page, open the location: “http://www.med.umich.edu/i/”.)