

The Medical Management of Infective Rhinosinusitis

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Symptoms



Infective Rhinosinusitis

- ▶ Very common (10-15% of population)
- ▶ Most viral (>200 species!)
- ▶ Secondary bacterial infection (5-15%)



High incidence: even in general practice

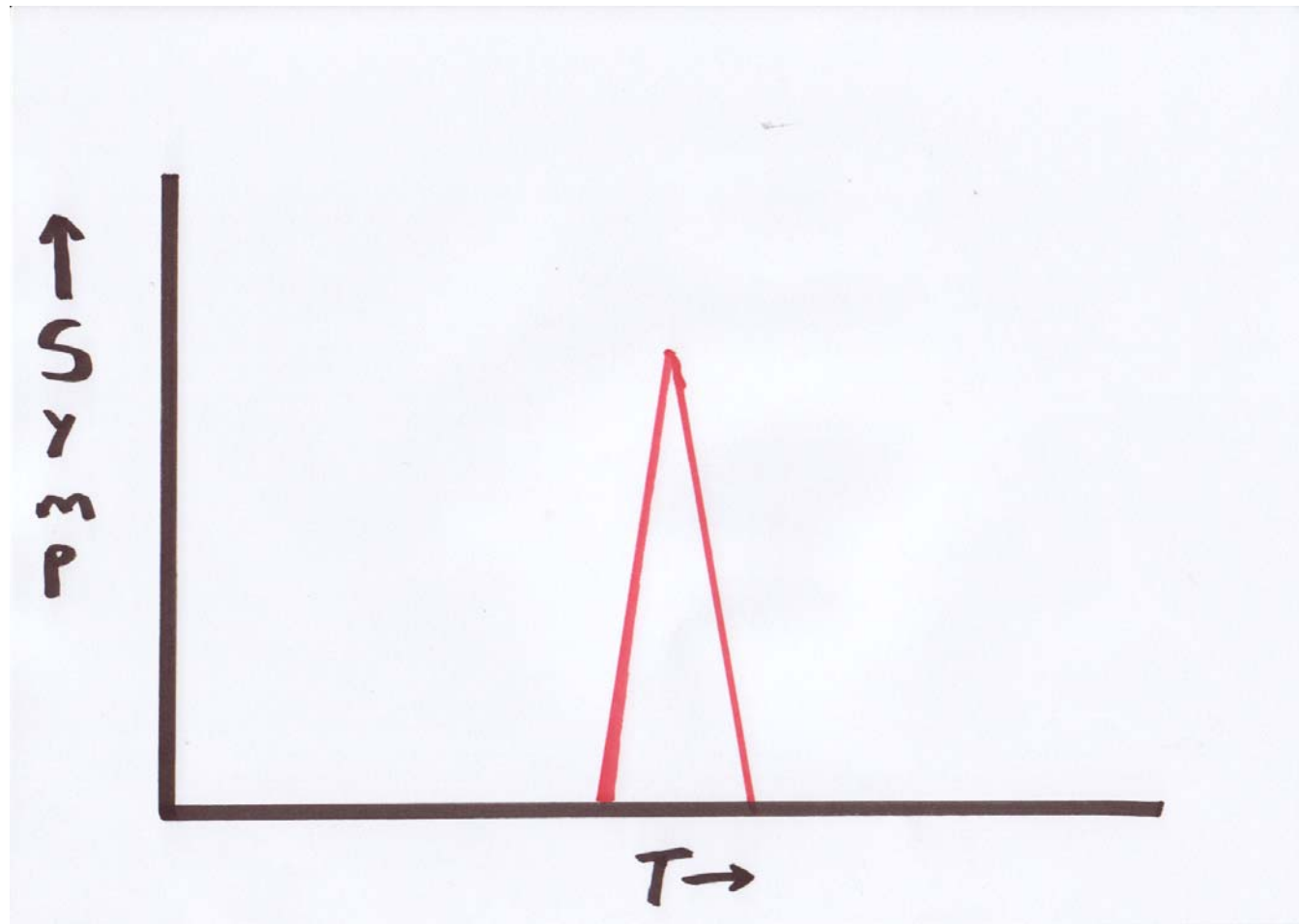
- ▶ Increasing incidence

Definitions in Sinusitis

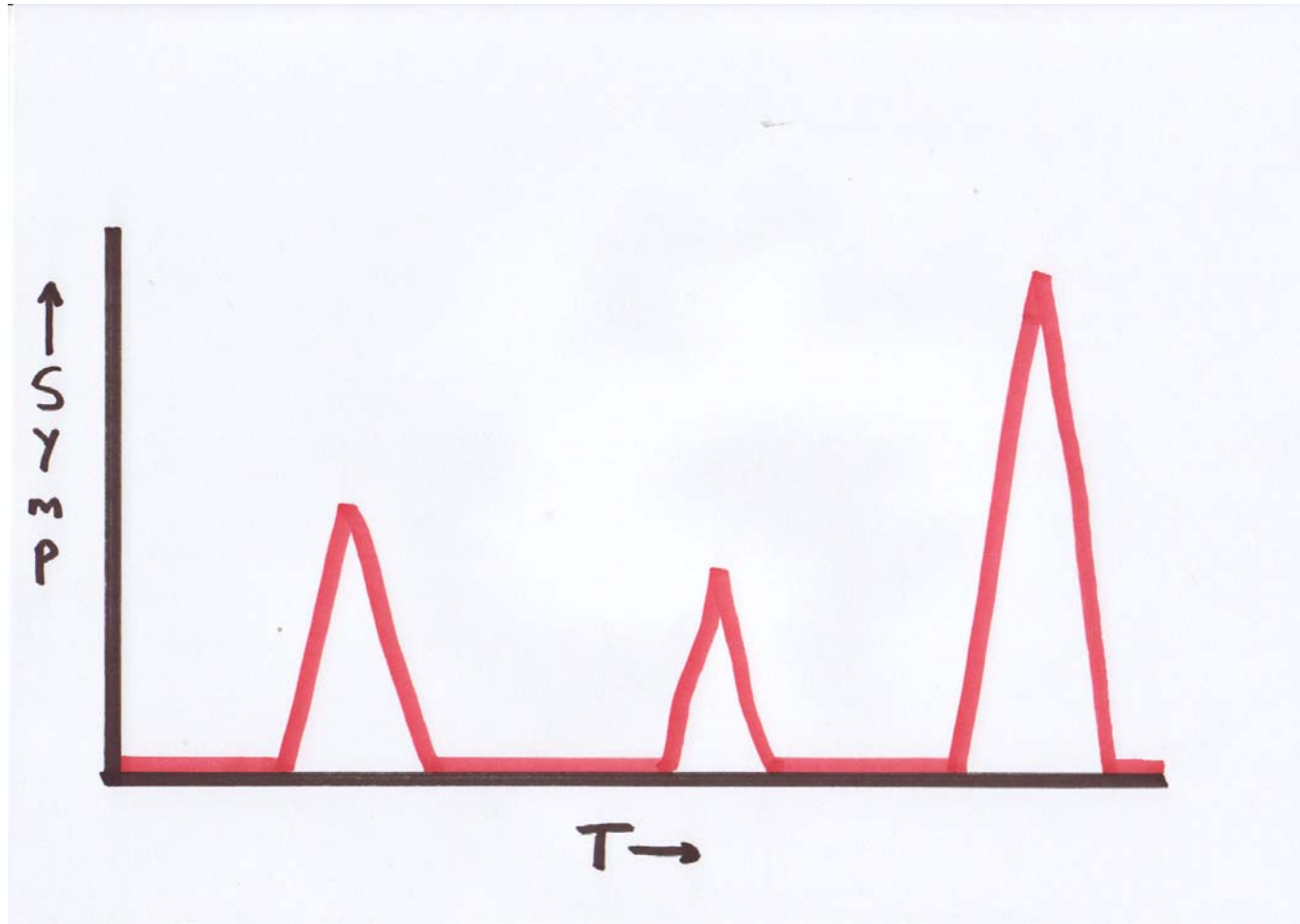
International Rhinosinusitis Board 1997

Acute	Recurrent Acute	Chronic	Chronic c. exacerbations
Rapid onset	2-4 episodes/year	Duration >12/52	Worsening of existing chronic symptoms
Duration <12/52	Symptom-free for >8/52 between attacks	Persistent radiological changes despite adequate Rx	Resolution of acute flare-ups, but not chronic symptoms
Complete Resolution	Complete Resolution between attacks	No Resolution. Constant symptoms	Symptoms variable, but always present.

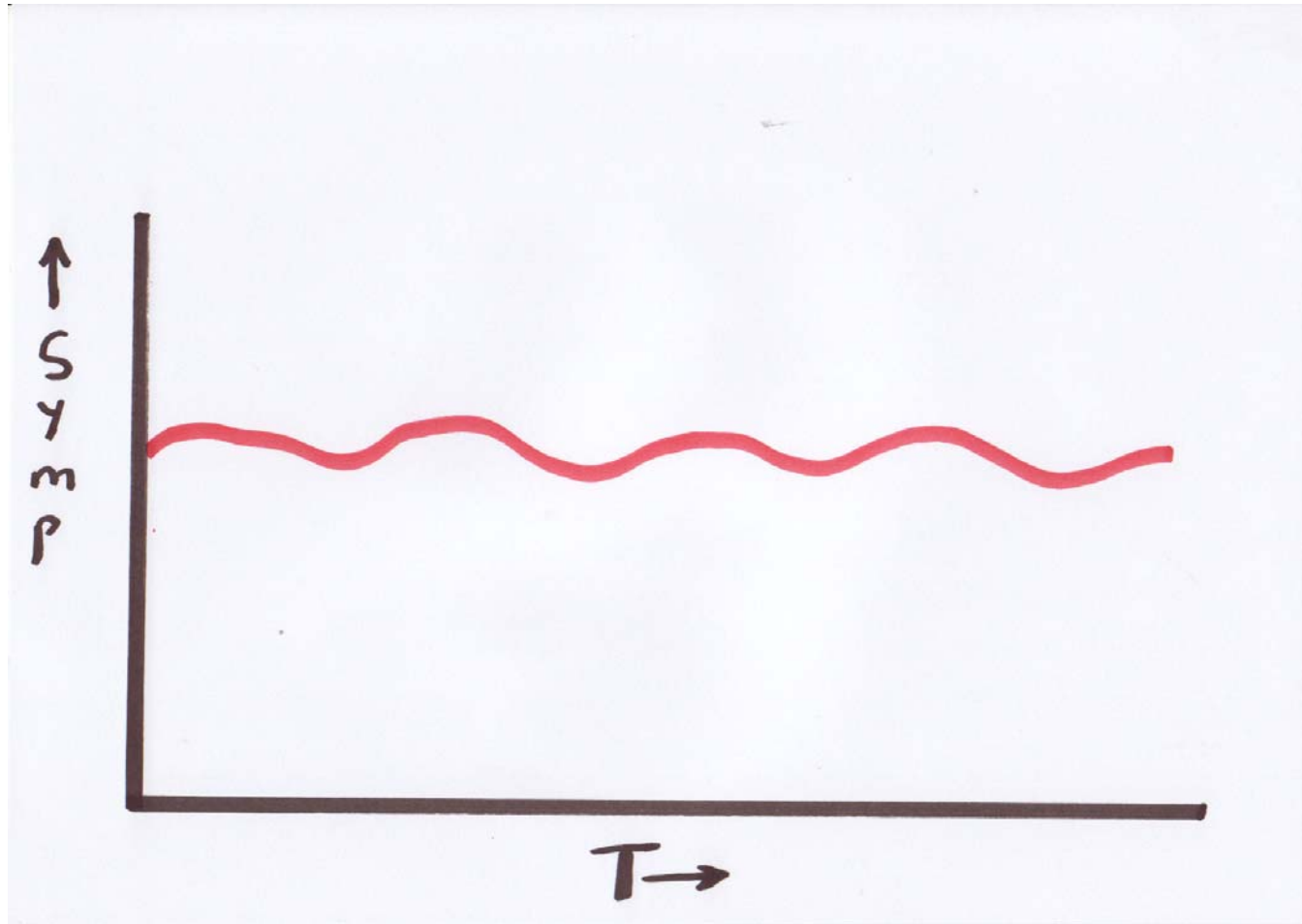
Acute Sinusitis



Recurrent Acute Sinusitis



Chronic Sinusitis



Acute-on-Chronic Sinusitis




Therapy for Acute sinusitis

- ▶ Local microbiological data important
- ▶ Middle meatal swab
- ▶ Empiric treatment
- ▶ Co-amoxiclav (Cefuroxime / Clarithromycin)
- ▶ Decongestant (Xylometazoline)
- ▶ Anti-inflammatory analgesia (Voltarol)
- ▶ Irrigation with saline
- ▶ Mucolytic (?)
- ▶ Consider change at 48hr.
- ▶ Failure to respond: Refer ? consider lavage

Therapy for Chronic Sinusitis

- ▶ Many inadequately treated at presentation
- ▶ Try Clarithromycin x 3/12 nb. Down-regulation of inflammatory mediators
- ▶ If not, try Ciprofloxacin and Metronidazole
- ▶ Combine with decongestant, nasal topical steroid, NSAID and douching
- ▶ Prolonged treatment usually necessary.
- ▶ Refer those with recurrent or persistent Sx.
- ▶ Warn patient that surgery may be required

What can I do to reduce referral rate?

- ▶ Don't dismiss as a recurrent common cold!
 - ▶ Irrigation of Nose with Saline (Neilmed Sinus Rinse, tds)
 - ▶ Long-term (3 months) antibiotic (eg Clarithromycin x 3/12 & Metronidazole x 10/7)
 - ▶ Nasal steroid sprays
 - ▶ Failure mandates referral
- 

Suggested pathway

1

- Nasal swab
Oral Augmentin x 2/52, Nasal steroid, Irrigation

2

- Multiple Recurrence:
Oral Clarithromycin/Metronidazole x 3/12

3

- Constant symptoms/>3 attacks/yr
Refer

