

CASE STUDY 72:

Management of rhinosinusitis

(for GPs, pharmacists, nurses and other health professionals)

NPS case studies are designed to help you refine your clinical decision-making skills. After you complete and submit the case study, you will receive expert commentaries along with aggregated responses that provide a snapshot of your colleagues' responses.

Scenario

Jessica, a 26-year-old student, presents to you complaining of a 4 day history of coloured nasal discharge, headache, lethargy and sneezing. She is taking regular paracetamol for her headache but has not tried anything else.

She is a non-smoker with no significant medical history or drug allergies and does not take any other regular medicines. Her exams start in two weeks, and she feels a course of antibiotics will help her recover more quickly.

Jessica appears tired, shivery and is constantly blowing her nose. On examination she has a temperature of 37.8°C but no other signs or symptoms.

How to participate

All participants: Complete ALL questions, fill in appropriate details and sign the consent agreement in the 'Your details' box (see over).

GPs: To be included in the Quality Prescribing Initiative of the Practice Incentives Program (PIP), quote your provider and prescriber numbers in the spaces provided.

Pharmacists: Approval for continuing professional development (CPD) by the Australian Pharmacy Council for 1 hour of Group 2 CPD (2 CPD credits) suitable for inclusion in an individual pharmacist's CPD plan has been sought for this activity. Pharmaceutical Society of Australia (PSA) members quote your membership number in the space provided, other pharmacists should self-record this activity. For details on recording participation see <http://casestudy.nps.org.au>

Nurses: This activity has been endorsed by APEC number 061110344 on behalf of Royal College of Nursing, Australia according to approved criteria. Nurses, please self-record this activity.

Complete by:
30 March 2012

Complete and
submit online at:
<http://casestudy.nps.org.au>

OR Send to: NPS
PO Box 1147
Strawberry Hills
NSW 2012

OR Fax to: (02) 9211 7579

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NPS office use only

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Read the scenario overleaf and complete ALL the questions.

1. What symptomatic management would you advise for Jessica? (Mark all that apply).

- Non-pharmacological (Specify) _____
- Alternative analgesic Decongestant Nasal corticosteroid
- Other medicines (Specify) _____
- None

2. Would you recommend an antibiotic?

- Yes No

If 'Yes' specify

Antibiotic _____ Dose and frequency _____ Duration _____

If 'No' what reason/s would you give to Jessica for not recommending an antibiotic?

Scenario (continued) – Jessica returns 4 days later complaining that her symptoms and coloured nasal discharge have got worse. She also has unilateral facial pain and tenderness, and a temperature of 38.5°C.

3. How would you manage Jessica's illness now? (Mark one only)

- Continue current antibiotic
- Change current antibiotic (Specify new antibiotic below)
- Start an antibiotic (Specify below)
- Would not recommend an antibiotic

Antibiotic _____ Dose and frequency _____ Duration _____

4. a) Would you refer Jessica for medical imaging? (Mark all that apply)

- Yes, at first presentation. Specify test: _____ Why? _____
- Yes, at second presentation. Specify test: _____ Why? _____
- No, not at this stage. Why? _____
- No, not ever. Why? _____

4. b) What aspects of the test would you discuss with Jessica when recommending it to her?

Your details

Please tick one

- GP Registered nurse (RN Div 1) General practice
- GP registrar Enrolled nurse (RN Div 2) Community
- Other medical specialist Midwife Hospital
- Pharmacist Nurse practitioner Residential aged care facility
- Intern pharmacist Student – medical Other
- Other health professional Student – other

If a nurse – please indicate setting

Title

Family name

Given name

Postal address

Suburb/town

State

Phone number

GP provider no.

GP prescriber no.

PSA membership no. _____
(Other pharmacists, please self-report)

All participants must sign: I consent to these data being recorded (as applicable) for the purposes of PIP, PSA credit points and NPS evaluation.

Participant's signature

Date: _____ / _____ / _____
day month year

Important:

Required for you to be included in the Quality Prescribing Initiative, or receive 2 CPD credits.