

Condition: Pharyngitis
Population: Adult and Peds (>1 year), M/F

HPI

Onset/Duration: xx days/weeks

PMFS: Review

Severity: mild/moderate/severe

Note: Hx strep, strep exposure

Associated Symptoms:

Social: smoking status, smoking exposure

- Fever: subjective/objective
- SOB: none/exertional/rest/orthopnea/wheezing
- Ear: pain, congested/muffled, L/R
- Throat: dysphagia, odynophagia, voice changes, lateralizing L/R symptoms
- Nose: rhinorrhea clear or purulent, L/R
- Eye: injection, drainage, visual changes, L/R
- Other: HA, mental status

ROS as in HPI

EXAM

Vitals

- Temp: patient./family reports
- HR: patient/family count for 15 seconds then x 4
- RR: count

HEENT:

Cervical adenopathy
 Posterior oropharynx for exudate, edema, asymmetry, trismus

Respiratory Effort: Speaks in full sentences

Neuro: Mental Status - alert and interacting, EOMI, facial symmetry.

Eyes: Injection, drainage, proptosis

MDM

- Strep is 5-15% of pharyngitis in adults, 20-30% in peds.
- Suggests viral: conjunctivitis, coryza, cough, diarrhea, hoarseness, stomatitis, rash.
- Suggests bacterial/strep: sudden onset, fever, HA, age 5-15, n/v/AP, exudates, adenopathy, winter/spring, exposure history, scarlatiniform rash.
- Centor Score
 - If 1-5, refer for RST
 - **If positive:**
 - **Adults:** penicillin 500mg PO BID for adults. Duration 10 days.
 - **Peds:** amoxicillin 25mg/kg (max 500mg) PO BID. Duration 10 days.
 - If -1 or 0, treat symptomatically: OTC analgesics, fluids, rest.

Centor Criteria	Score
Fever (100.4)	1
Tonsillar exudate	1
Absent Cough	1
Anterior Cervical LAD	1
Age 3-14 yrs	1
Age 15-44 yrs	0
Age >44yrs	-1

Considerations:

- Ddx of concern: PTA/abscess/deep space infection, mononucleosis,