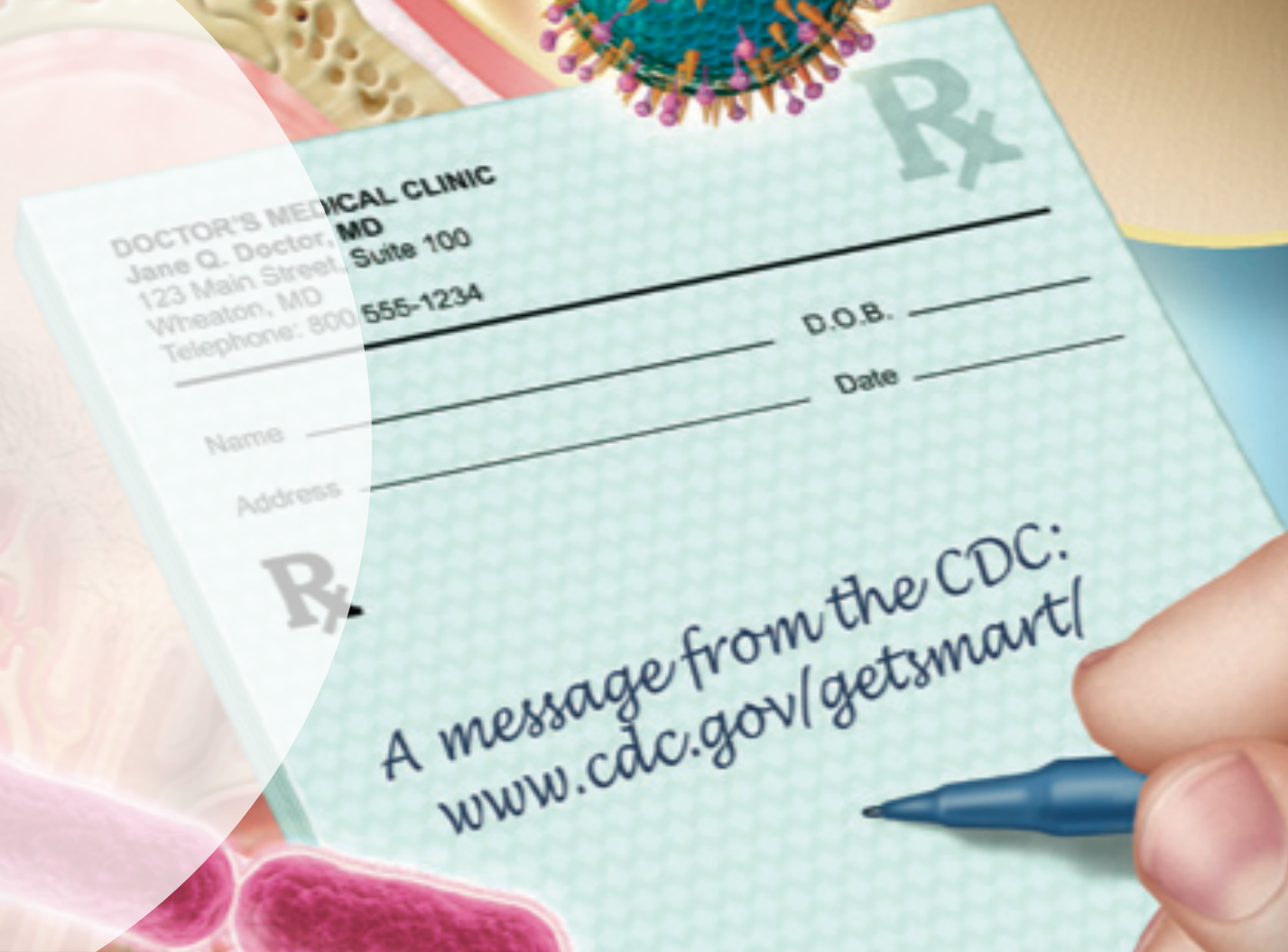


# Sore throat

*Giuseppe Parisi*

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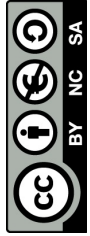
- The topic
- Rationale
- Actions and instruments
- Strategies
- Treatment



DOCTOR'S MEDICAL CLINIC  
Jane Q. Doctor, MD  
123 Main Street, Suite 100  
Wheaton, MD  
Telephone: 800 555-1234

Name \_\_\_\_\_ D.O.B. \_\_\_\_\_  
Address \_\_\_\_\_ Date \_\_\_\_\_

*A message from the CDC:  
[www.cdc.gov/getsmart/](http://www.cdc.gov/getsmart/)*



<i>ELEMENT</i>	<i>MANAGEMENT TASK</i>	<i>CLINICAL TASK</i>	<i>COMMUNICATION TASK</i>	<i>PATIENT AS...</i>
<b>Opening</b>	Build the setting	Catch the early warnings	Make the patient at ease	Person
<b>Subjectivity</b>	<b>Management of presenting problems</b>	<b>Early generation of hypothesis</b>	<b>Collect information by allowing patient expression</b>	<b>Individual</b>
<b>Examination</b>	Management of the present problems not presented by the patient.	Reach working diagnosis	Actively collect information	Matter of research
<b>Evaluation</b>	Redefine the situation	Overall clinical judgement	Information	Partner
<b>Design</b>	Map out a plan		Communicate patient's options	Consultant
<b>Shared choice</b>	Doctor/patient choose an option		Share choice	Partner
<b>End</b>	Schedule the next consultation date Inform the patient about the safety net		Greetings	Person

# Describe the patient

Cough,

Sore throat,

Runny nose,

Nasal congestion,

Headache,

Low-grade fever,

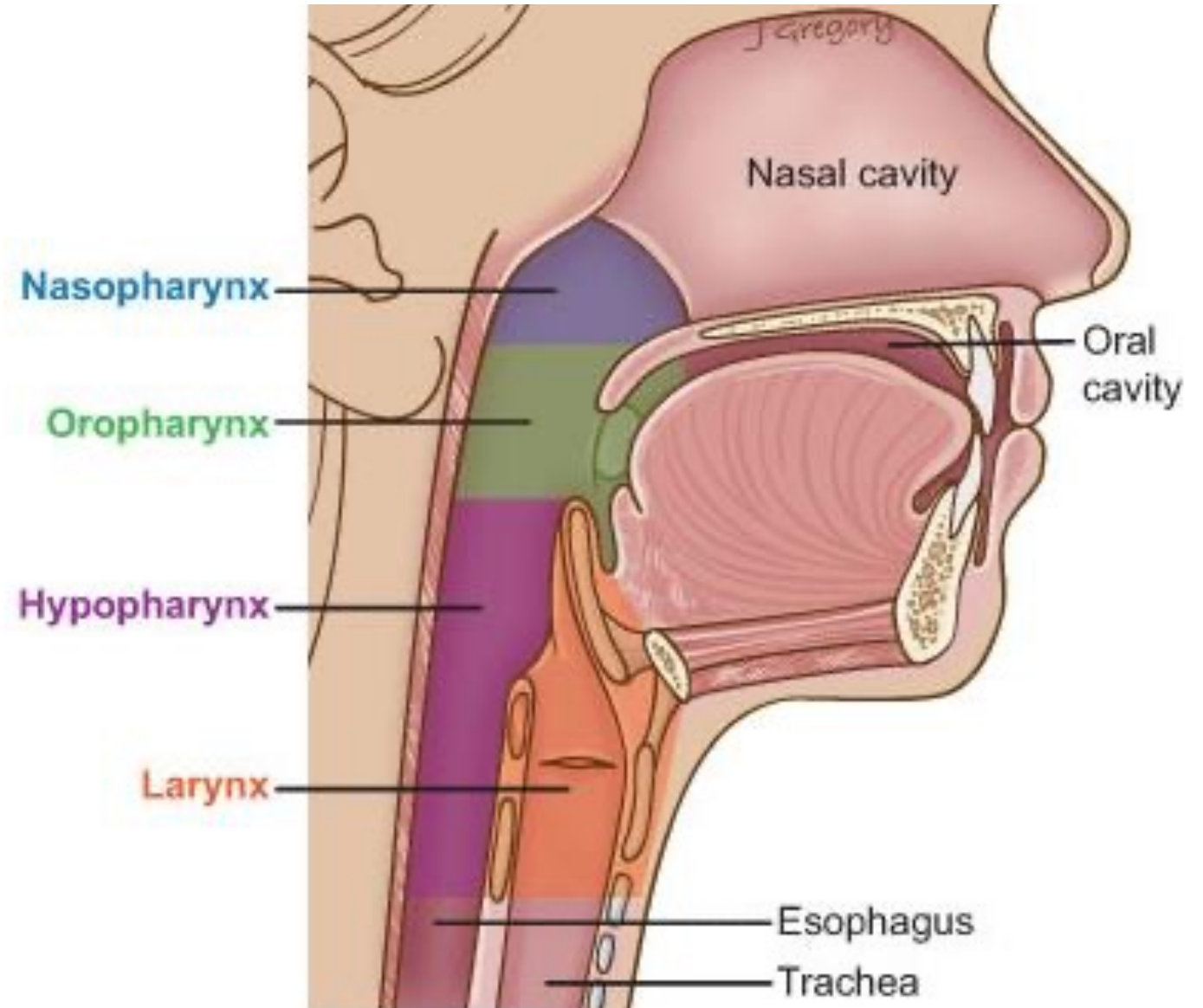
Facial pressure

Sneezing



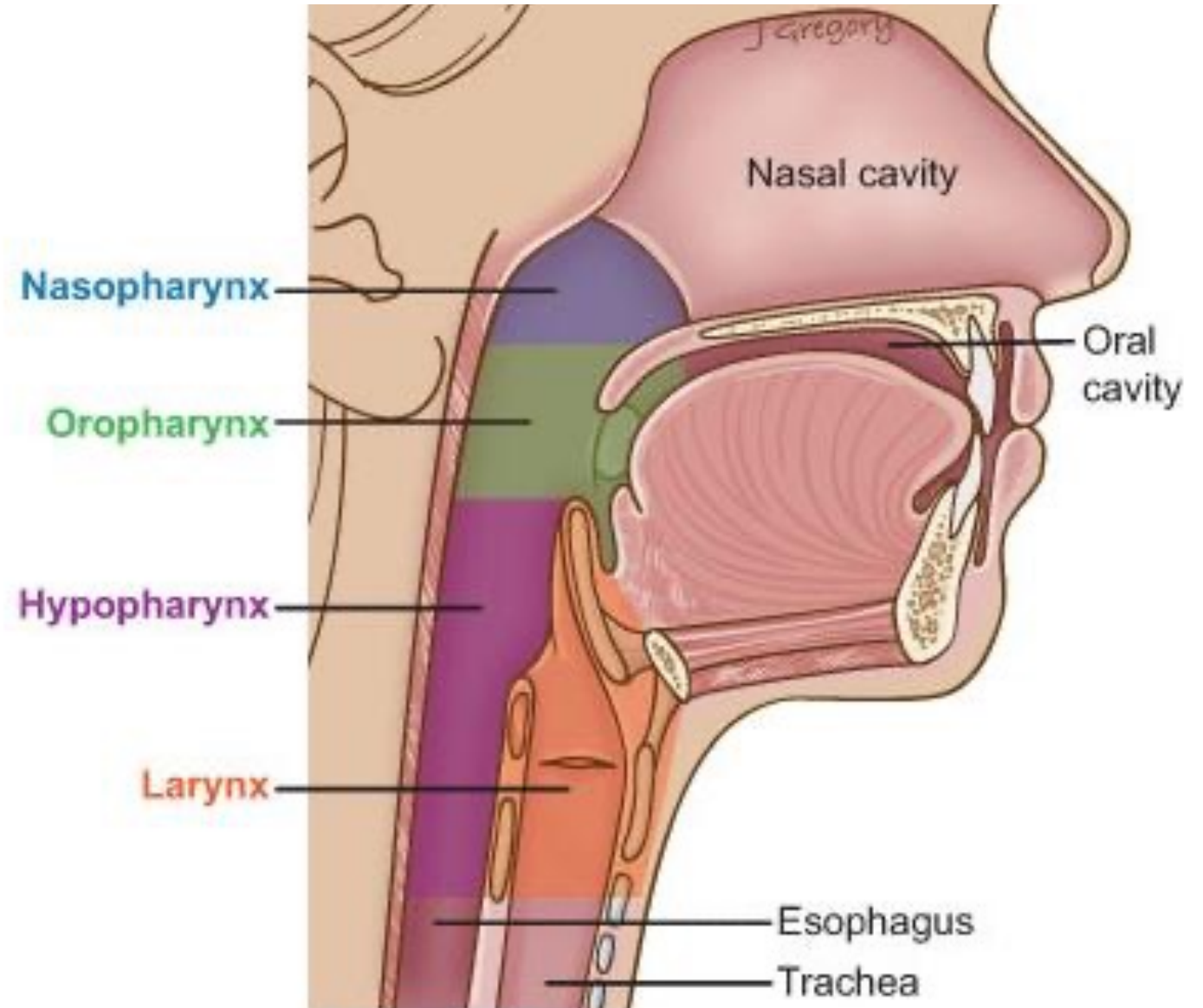
# Describe the causes: Upper Respiratory Tract Infections

- should be offered a clinical assessment:
  - acute otitis media
  - **acute sore throat/acute pharyngitis/acute tonsillitis**
  - common cold
  - acute rhinosinusitis
  - acute cough/acute bronchitis.



# Describe the causes: Upper Respiratory Tract Infections

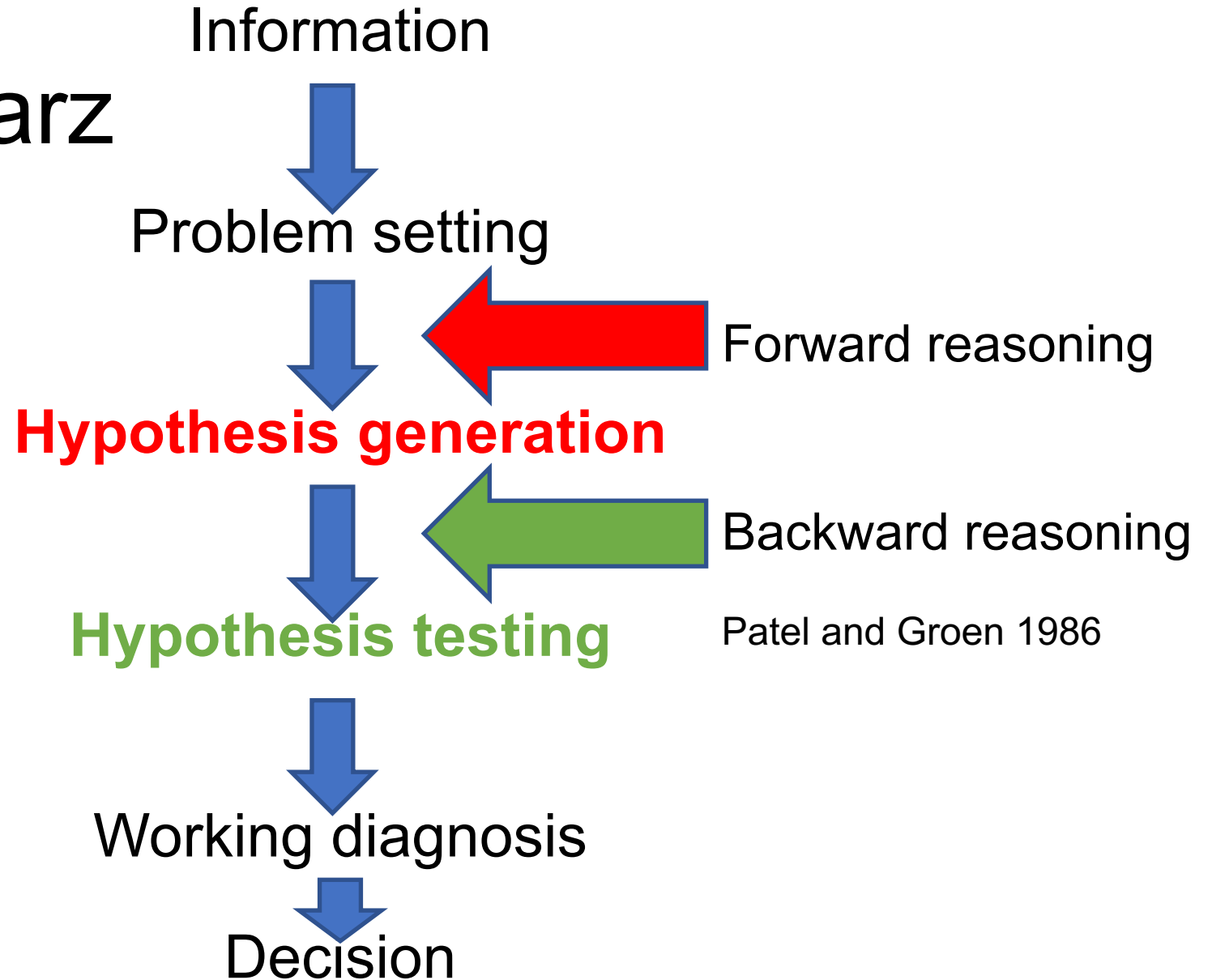
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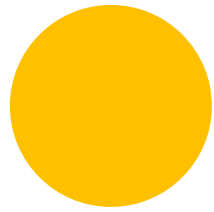
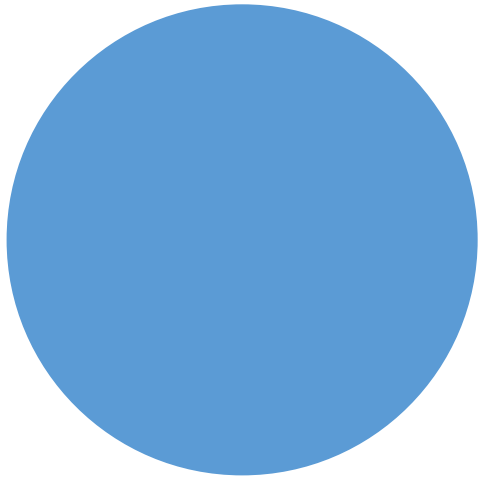




<i>ELEMENT</i>	<i>MANAGEMENT TASK</i>	<i>CLINICAL TASK</i>	<i>COMMUNICATION TASK</i>	<i>PATIENT AS...</i>
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# Elstein e Schwarz





# HYPOTHESIS?

.....  
.....  
.....





# HYPOTHESIS

Pharyngitis: Viral infection

Pharyngitis: Bacterial infection

Mononucleosis

Candidiasis

.....

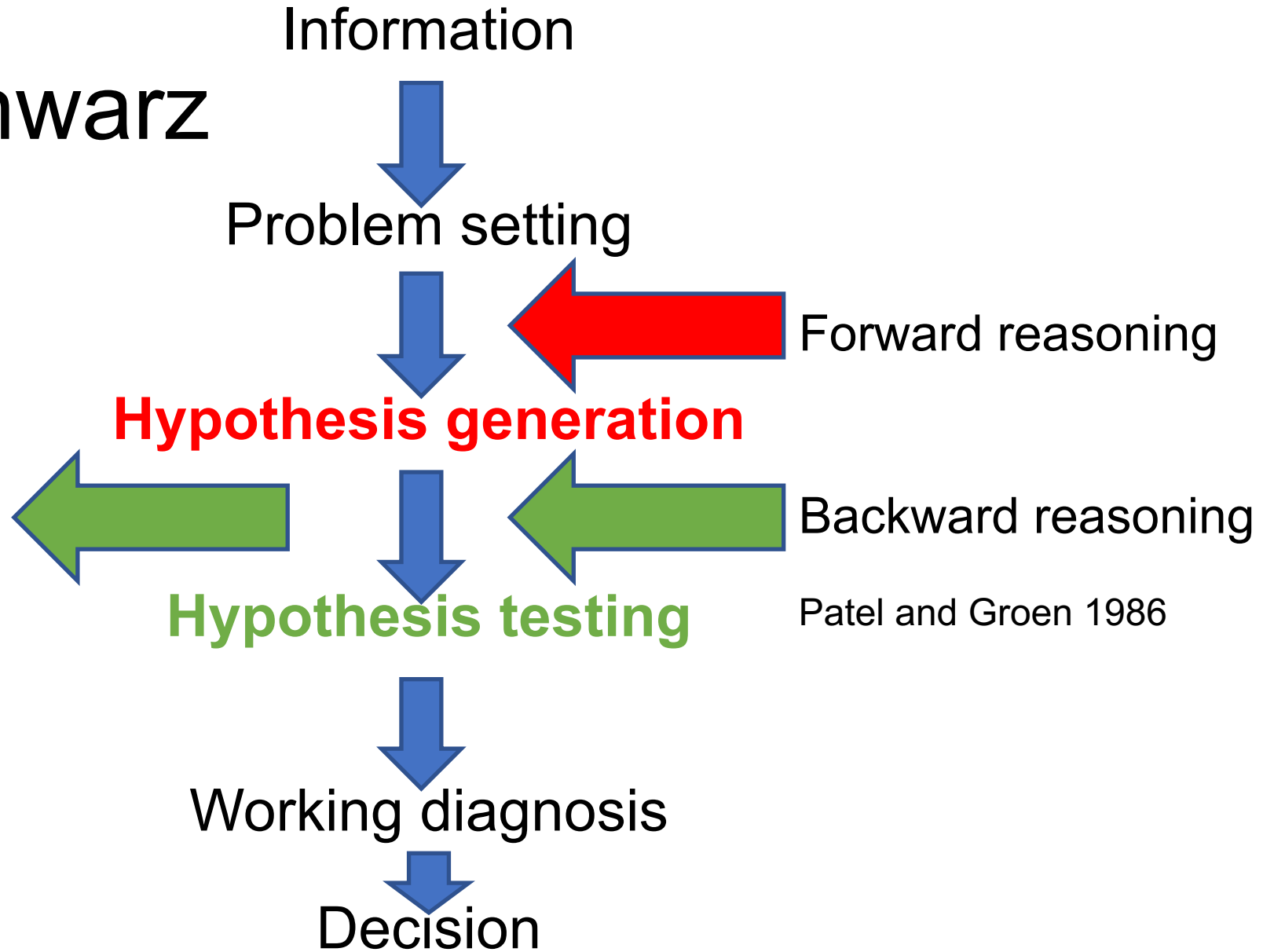
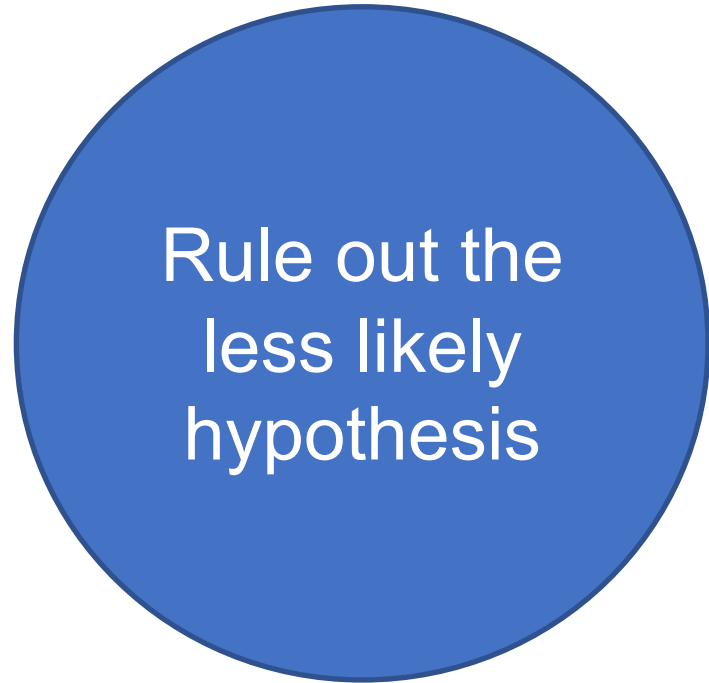
- **90 % adults and 70 % children with pharyngitis have**
- **viral infection**
  
- **10% adults and 30% children have:**
  - **Bacterial infection**
  - **Candidiasis**
  - **Mononucleosis**
  - **...**





<i>ELEMENT</i>	<i>MANAGEMENT TASK</i>	<i>CLINICAL TASK</i>	<i>COMMUNICATION TASK</i>	<i>PATIENT AS...</i>
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# Elstein e Schwarz





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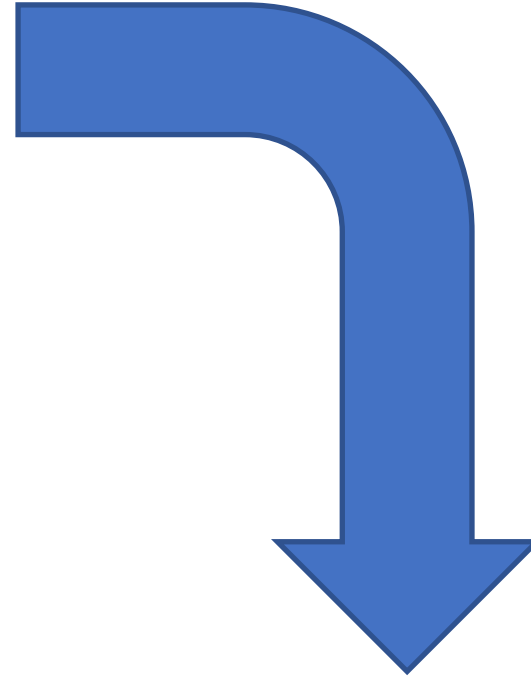
# Candidosis

- Immunosuppressed patient
  - Terminally ill patient
  - Severe comorbidities

# Candidosis

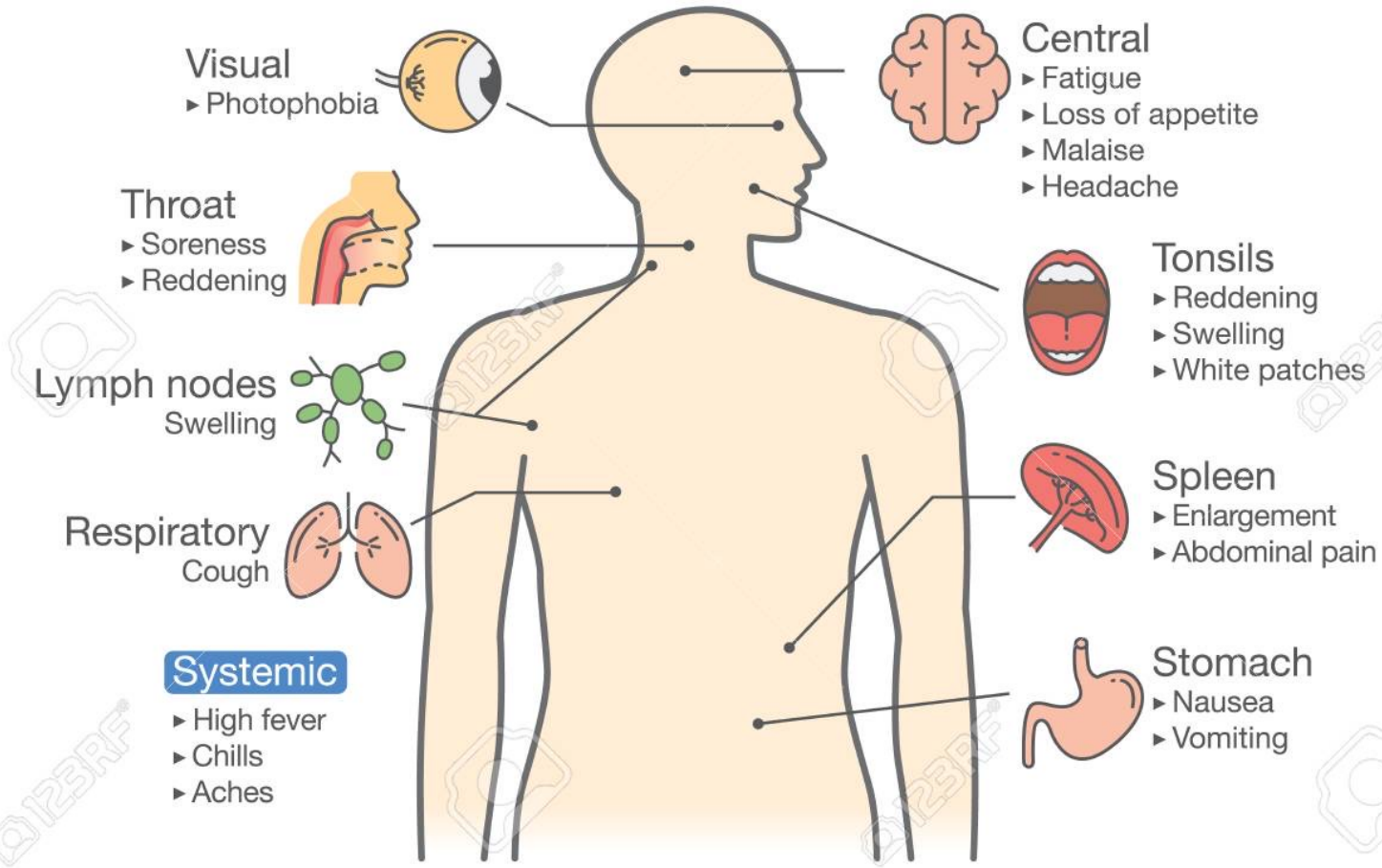
- Immunosuppressed patient
  - Termnally ill patient
  - Severe comorbidities

How to test?



COLLECTING INFORMATION  
previous medical history  
relevant risk factors  
relevant comorbidities

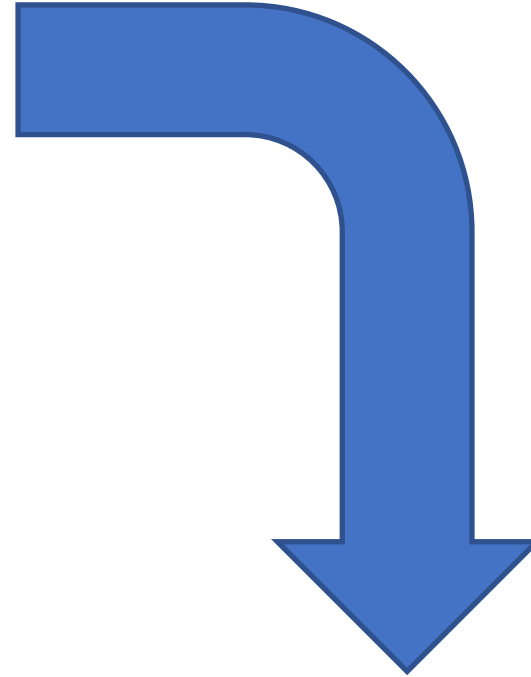
# Infectious mononucleosis





# Infectious mononucleosis

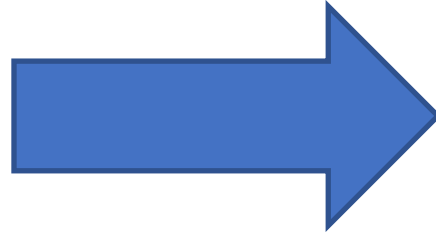
How to test?



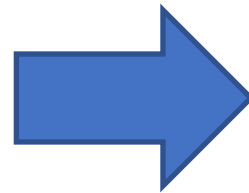
**COLLECTING INFORMATION  
PHYSICAL EXAMINATION**

# Physical examination

- Pharynx
- Cervical lymph nodes
- If:
  - Disproportionately great enlargement of the cervical lymph nodes may suggest generalized disease -> search axillary and inguinal lymphadenopathy and splenomegaly

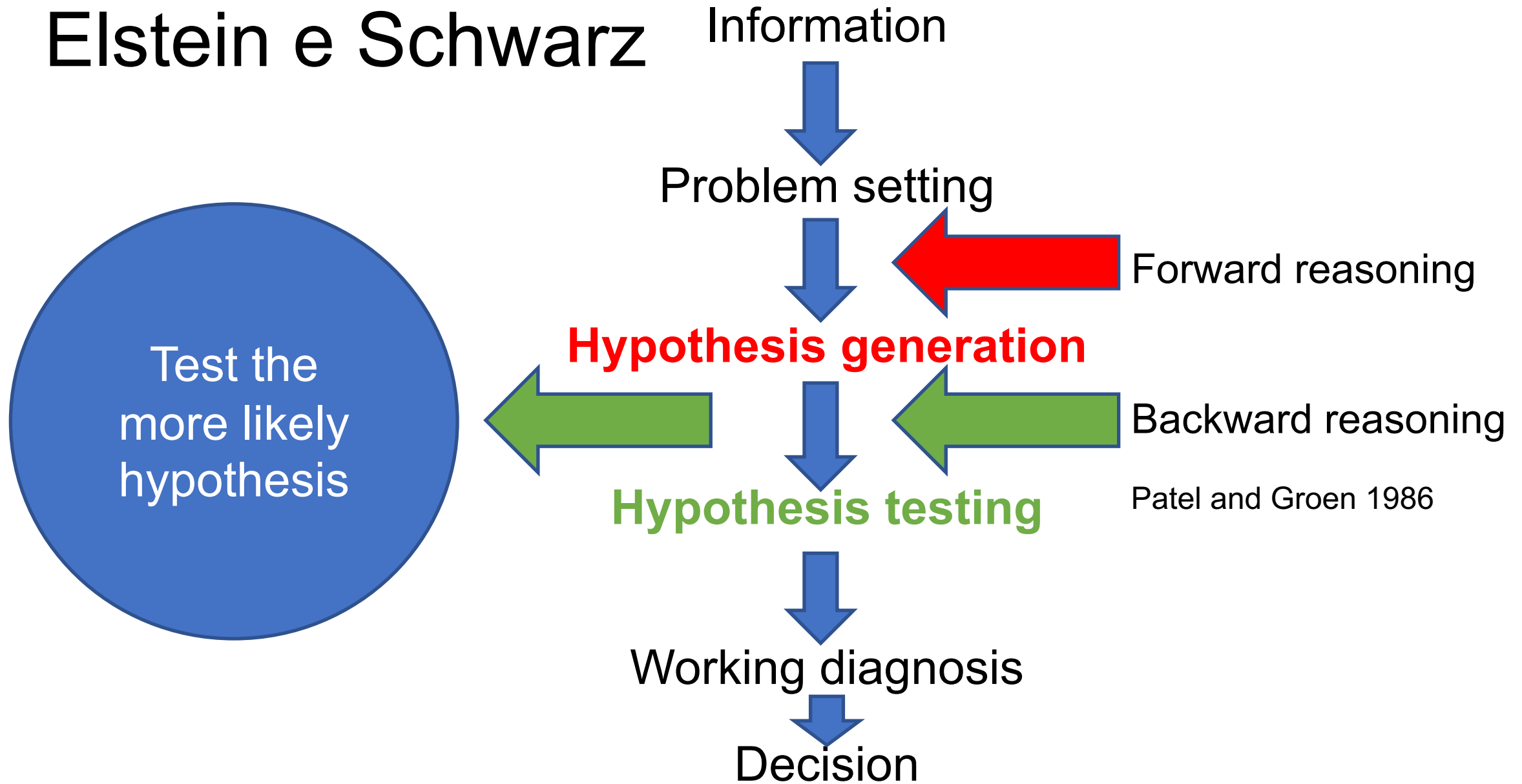


- Viral pharyngitis
- Bacterial pharyngitis
- Candidal

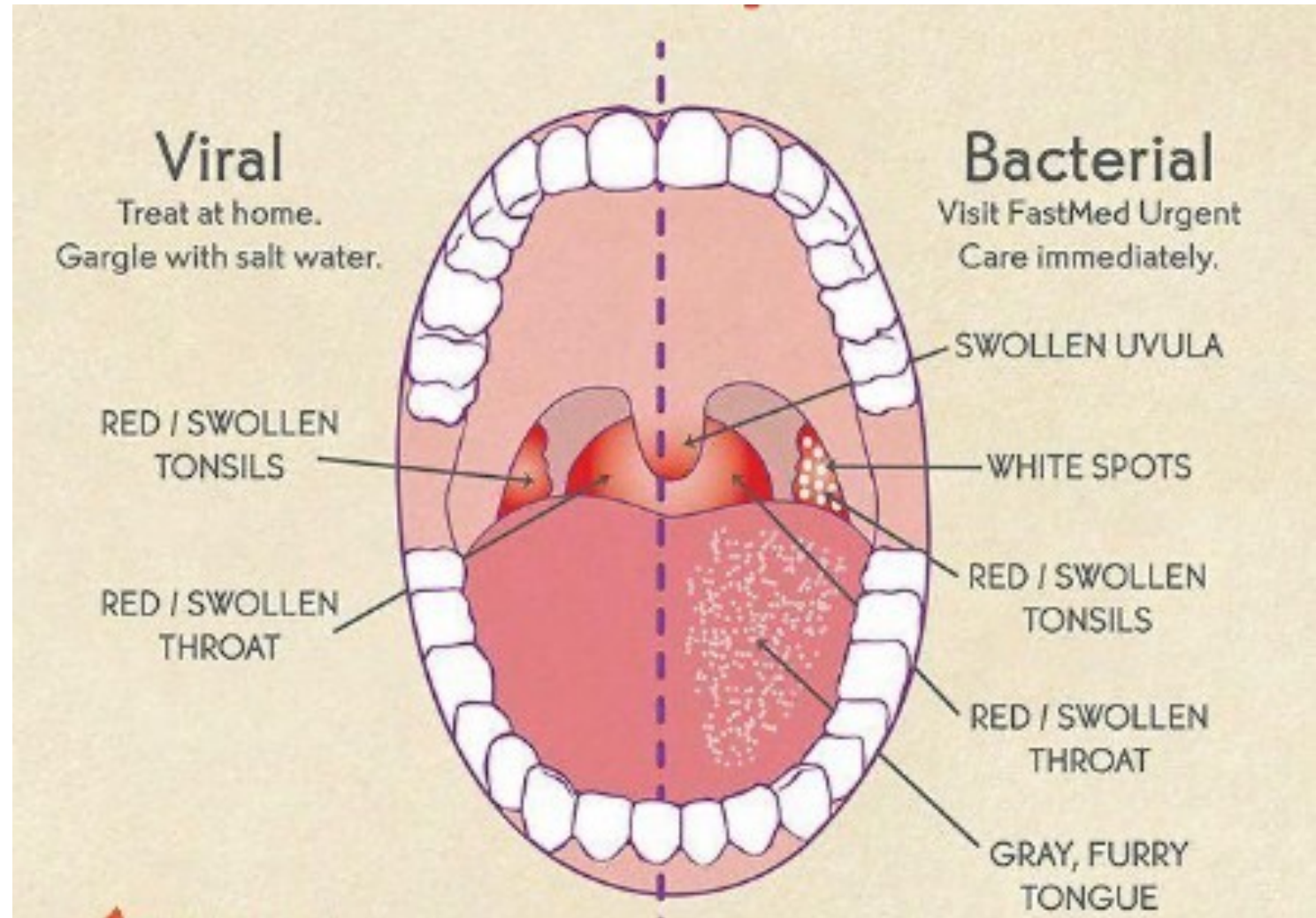


- Infectious mononucleosis

# Elstein e Schwarz



# VIRAL OR BACTERIAL?





# BACTERIAL OR VIRAL?

Use clinical prediction rules!

In this case «Centor modified criteria»

# MODIFIED CENTOR CRITERIA

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<i>Clinical finding</i>	<i>Points</i>
Absence of cough	1
Age	
3 to 14 years	1
15 to 45 years	0
Older than 45 years	-1
Anterior cervical lymphadenopathy	1
Fever	1
Tonsillar erythema or exudates	1

**SCORE 0-1: VIRAL**

**SCORE 2-3: VIRAL OR BACTERIAL**

**SCORE 4-5: BACTERIAL**