

SINUSITIS

Level II

Skill Level: RN

Definition: Sinusitis is an inflammatory process caused by bacterial, viral, fungal or allergic condition that changes the mucosa of a sinus.

MODERATE	
<p>Subjective:</p> <ul style="list-style-type: none">• Mucopurulent nasal discharge and persistent postnasal drip.• Choking cough at night, often appearing after a recent upper respiratory tract infection (URI).• General malaise.• An ache or pressure behind the eyes.• Toothache-like pain.• Headache (often worse at night and early morning).	<p>Assessment:</p> <ul style="list-style-type: none">• Alteration in comfort.• Sensory deficit: olfactory• Potential: ineffective breathing pattern.• Sinusitis
<p>Objective:</p> <ul style="list-style-type: none">• Yellow/green mucopurulent nasal discharge for more than 10 days.• Tenderness over the involved sinus.• No cellulitis in area overlying the involved sinus.• No Periorbital cellulitis.• Edematous nasal mucosa.• Temperature may be elevated.	<p>Plan:</p> <ul style="list-style-type: none">• Patient education handout regarding use of medication from the housing units.• Provide Level I treatment Plan plus: <p>At nursing discretion may use any of the below:</p> <ul style="list-style-type: none">• Check for allergies to medications.• If objective findings present for ten days or more, consider antibiotics.• Amoxicillin 500 mg TID x 10 days OR• If Penicillin allergic, use Septra DS BID x 10 days.• Contact practitioner if periorbital or facial cellulitis is present.• Return to clinic if not improved in 5 days.

Patient Teaching:

1. Decrease exposure to known irritants.
2. Hydration: Instruct client to increase fluid intake to 2000 to 3000 ml or more per day.
3. Medication: Teach purpose, dosage, possible side effects and importance of compliance with medications.
4. Warm wet pack to sinus area x 20 minutes followed by cold compress x 20 minutes. Repeat prn.
6. Remind the patient that congestion can recur as a rebound response.

APPROVED:

Health Services Manager

Date

Chief Medical Officer

Date

Steve Sherman MD

Medical Director

1/12/09

Date

Effective Date 1/09
Revised: December 2008