

# SINUSITIS

## Level I

Skill Level: RN

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

<b>MILD</b>	
<p><b>Subjective:</b> Patient may report any or all of the following:</p> <ul style="list-style-type: none"><li>• Nasal congestion or discharge.</li><li>• Nocturnal postnasal drip with resultant cough.</li><li>• Mild pain in the area of the involved sinuses.</li><li>• Minimal or no generalized symptoms such as malaise or myalgia.</li><li>• Headache.</li><li>• Simulation of a toothache in some cases of maxillary sinusitis.</li></ul>	<p><b>Assessment:</b></p> <ul style="list-style-type: none"><li>• Alteration in comfort.</li><li>• Sensory deficit: olfactory</li><li>• Potential: ineffective breathing pattern.</li><li>• Sinusitis</li></ul>
<p><b>Objective:</b></p> <ul style="list-style-type: none"><li>• Nasal discharge, clear or thin white or yellow/green for more than 10 days.</li><li>• Tenderness over the involved sinus.</li><li>• No facial swelling or redness.</li></ul>	<p><b>Plan:</b></p> <p><b>Patient education handout regarding use of medication from the housing units.</b></p> <p>At nursing discretion may use any of the below:</p> <ul style="list-style-type: none"><li>• Hot wet pack to sinus area x 20 minutes, followed by cold compress x 20 minutes QID.</li><li>• Increase hydration.</li><li>• Return if no improvement in 5 days.</li><li>• Sniffing salt water tid prn.</li></ul>

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. Avoid vigorous nose blowing.
4. Remind the patient that congestion can recur as a rebound response.

**APPROVED:**

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Health Services Manager

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Date

\_\_\_\_\_  
Chief Medical Officer

\_\_\_\_\_  
Date

Steve Sherman  
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Medical Director

1/12/09  
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Date

Effective Date 1/09  
Revised: November 2008