

Sore throat and/or rhinorrhea

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Rationale

Sore throat and rhinorrhea are very common clinical presentations. Inappropriate use of antibiotics for viral pharyngitis is a significant contributing factor to antibiotic resistance.

Causal Conditions

(list not exhaustive)

- Infections (e.g., viral, bacterial, candidial)
- Allergic (e.g., chronic allergic rhinosinusitis)
- Other (e.g., trauma, neoplasm, foreign body)

Key Objectives

Given a patient with a sore throat and/or rhinorrhea, the candidate will diagnose the cause, severity, and complications, and will initiate an appropriate management plan.

Enabling Objectives

Given a patient with a sore throat and/or rhinorrhea, the candidate will

- list and interpret critical clinical findings, including
 - a. presence or absence of fever, cough, cervical lymphadenopathy, tonsillar exudates;
 - b. relationship to environmental exposure;
 - c. visual inspection of the nose and oropharynx;
- list and interpret critical clinical investigations, including
 - a. determining whether further testing for group A streptococci is indicated;

- b. determining if an allergy or more unusual cause for rhinorrhea is present;
- c. determining the need for blood testing (e.g., monospot);
- construct an effective initial management plan, including
 - a. appropriate use of antibiotics;
 - b. recognition of the role of antibiotics (e.g., prevention of acute rheumatic fever);
 - c. determination as to whether the patient requires specialized care.