**Pharyngitis – Bacterial/Viral – Level I**

**PHARYNGITIS - BACTERIAL/VIRAL**

**Level I**

**Skill Level:** RN

**Definition:** An inflammation of the mucous membrane of the pharynx, tonsils or both. Cause may be viral or bacterial.

**Subjective:**
- Runny nose and/or sneezing.
- "I have a sore throat."

**Objective:**
**Criteria for Strep:**
1. Exudates may be present.
2. Tender neck nodes present.
3. Absence of cough.
4. Temperature of 100.4 degrees F or higher.
- No drooling or breathing difficulties.
- Cough may be present. Unlikely to be strep if cough is present.

**Assessment:**
- Alteration in comfort.
- Potential for fluid volume deficit.
- Potential for alteration in nutritional status.
- Potential for sensory deficit: hearing.
- Pharyngitis.

**Plan:**
- If drooling, or breathing difficulties, call provider.
  - See "Criteria for Strep: If 0-1 criteria for strep are present, risk for strep is low and no further intervention is needed.
  - If 2-4 criteria for strep are present, go to Level II protocol.

**Patient education and self-care items for this protocol include:**
After checking for allergy to medications, may suggest: Tylenol, Aspirin, or Ibuprofen from the housing unit.
- **Naprosyn, Aspirin, and Ibuprofen are not recommended for pain management for pregnant patients, please instruct all pregnant patients to use Acetaminophen (available in housing units) for minor pain management.**

(Cont)
At nursing discretion may use any of the below:
- Saline gargles.
- Push fluids.
- Rest voice.
- May order soft diet x 72 hours.

**Patient Teaching:**

1. Increase hydration with non-caffeinated beverages.
2. Advise that discomfort may last several days.
3. Return to clinic if signs and symptoms increased or no improvement in 3 days.
4. Encourage good hand washing and hygiene.

**APPROVED:**

Medical Services Manager                      Date

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Chief Medical Officer                      Date               2/24/2015

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Medical Director                        Date

Date Effective: 3/2015
Revised: February 2015