



Minor Ailment Condition Viral Upper Respiratory Tract Infection – SORE THROAT	When to Refer	Advice for Self Care/Non Pharmaceutical Treatment	Treatment Options Formulary Items	
			Drug	Advice
<p>Infection caused by viruses which affect the upper respiratory system and result after the incubation period with symptoms of a common cold or influenza.</p> <p>A common cold's major symptoms are sore throat, nasal catarrh, sneezing and rhinorrhoea, but a temperature and feeling of malaise may also be present. The common cold can spread to the lower respiratory tract causing cough.</p> <p>The influenza virus differs from the common cold, normally causing debilitating symptoms of raised temperature, sweating, weakness and aching limbs and muscles (myalgia).</p> <p>Where sore throat is the predominant symptom, it is important to try to discern whether the cause is either viral or bacterial. The *Centor Scoring System provides some help in differential diagnosis. However this system is based upon probabilities and if there is a concern that the patient may be at risk from a bacterial infection, referral will be necessary.</p>	<ul style="list-style-type: none"> <li>• Children with sore throats under the age of 4 years</li> <li>• Frail elderly with severe symptoms</li> <li>• Patients with heart disease or underlying respiratory disease</li> <li>• Immunosuppressed</li> <li>• Raised temperature for more than three days or an acutely high temperature</li> <li>• Recent travel abroad</li> <li>• Skin rash or night sweats associated with sore throat</li> <li>• Sore throat &gt; 1 week or hoarseness &gt; 3 weeks</li> <li>• Sudden onset</li> <li>• Dysphagia</li> <li>• Suspected oral candidiasis</li> <li>• Suspected tonsillitis</li> <li>• No improvement after 3-4 days despite OTC treatment</li> <li>• Recurrent symptoms within 1 month i.e. &gt; 1 episode in 1 month</li> <li>• Raised (3 or greater) Centor score</li> <li>• As a result of concurrent medication e.g. methotrexate</li> </ul>	<p>The vast majority of sore throats are viral in origin and are therefore suitable for self care. General advice for the common cold should be followed e.g. :</p> <ul style="list-style-type: none"> <li>• Rest</li> <li>• Keep warm</li> <li>• Drink plenty of fluids</li> <li>• Avoid smoky/dusty environments</li> <li>• Provide symptomatic relief</li> </ul> <p>A significant minority of sore throats are bacterial in nature and should be treated with antibiotics.</p> <p>The *Centor Scoring System is helpful in identifying the likely individuals who are suffering from bacterial infections.</p>	<p>Please refer to product information for doses and directions. Note each product will vary in relation to what age range they can be used for.</p> <p><b>Locally acting agents:</b>            AAA® spray            Dequadin® lozenges            Merocets® lozenges            Strefen® lozenges</p> <p><b>+/- Systemic analgesia:</b>            Ibuprofen            Paracetamol            Soluble aspirin</p>	<p>Care should be taken with specific medications in pregnancy, breastfeeding and concomitant disease e.g. asthma or peptic ulcer disease. Please consult product information for details on individual products</p>

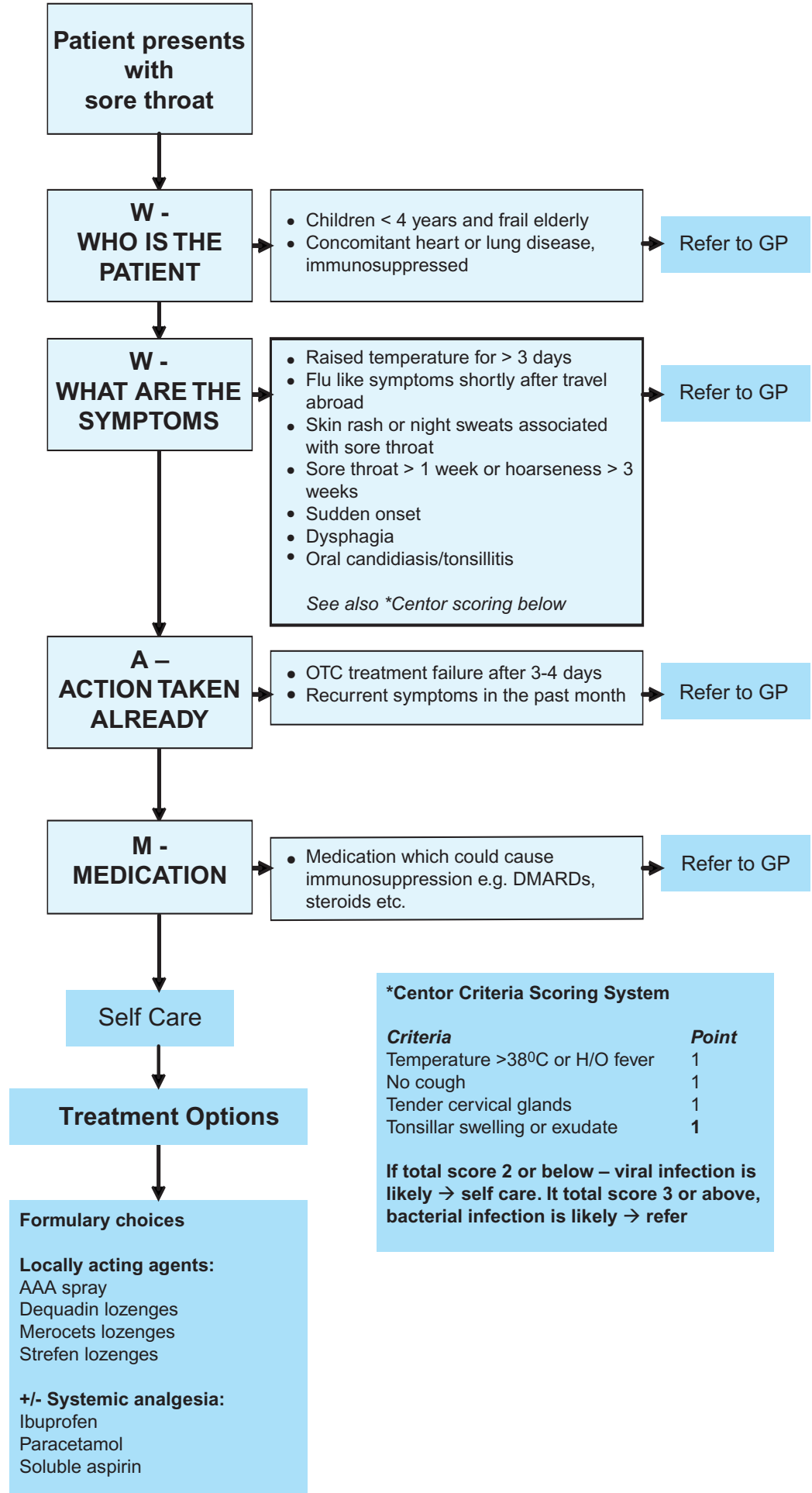


## Viral Upper Respiratory Tract Infection – Sore Throat

The vast majority of sore throats are viral in origin and are therefore suitable for self care. General advice for the common cold should be followed, e.g.:

- Rest
- Keep warm
- Drink plenty of fluids
- Avoid smoky/dusty environments
- Provide symptomatic relief.

A significant minority of sore throats are bacterial in nature and should be treated with antibiotics. The \*Centor Scoring System is helpful in identifying the likely individuals who are suffering from bacterial infections.



### \*Centor Criteria Scoring System

Criteria	Point
Temperature >38°C or H/O fever	1
No cough	1
Tender cervical glands	1
Tonsillar swelling or exudate	1

If total score 2 or below – viral infection is likely → self care. If total score 3 or above, bacterial infection is likely → refer