

# Sore Throat DHA CSSP Algorithm

## Patients 6-65

### \*\*Exclusion Criteria\*\*

Any "yes" responses to the exclusion criteria require provider notification for a plan of care.

- Does the patient have any blisters or sores in their mouth?
- Does the patient have any chest pain?
- Does the patient have shortness of breath, wheezing or having difficulty breathing?
- Does the patient have difficulty swallowing, talking, a muffled voice, drooling or feel like their throat is pushed to one side?
- Has the patient had any abdominal or joint pain recently?
- Is the patient's jaw difficult to move or feel locked?
- Is the patient more than 12 weeks pregnant?
- Has the patient had the Sore Throat without improvement for more than 48 hours?
- Has the patient had the sore throat for more than 5 days or a fever for more than 10 days?
- Does the patient have a rash?
- Has the patient been vomiting?
- In the past 30 days has the patient been treated for strep throat that had a positive throat culture?
- Does the patient have a history of HIV, chemotherapy or currently taking a steroid?
- Has the patient been exposed to a Sexually Transmitted Infection or had unprotected sex in the past 6 weeks?

**IMPORTANT:** Vital signs outside the normal ranges must be repeated after 5 mins & both sets reported to the provider for plan of care.

#### Normal Vital Signs

	6-9y	10-11y	12-15y	16+y
SBP	97-115	102-120	110-131	90-140
DBP	57-76	61-80	64-83	60-90
HR	75-118	75-118	60-100	60-110
RR	18-25	18-25	12-20	12-20
Temp	<101.5	<101.5	<101.5	<101.5
O2 sat	>95%	>95%	>95%	>95%

### \*\* Examination Findings \*\*

- Does patient have an excessive amount of salivation?
- Does patient have difficulty opening their mouth?
- Does patient have severe +/- one-sided tonsillar swelling?
- Does the patient have uvular deviation?

### IMPORTANT

Prior to the patient leaving the clinic, educate the patient to follow-up with PCM if symptoms don't improve within 2-3 days. If rapid strep was negative: PCM team will notify patient if culture result is positive for follow-up instructions.

**Provider will review/sign the EHR note and close the encounter.**

A patient age 6-65 presents to the clinic with a Sore Throat.

Walk-in: encounter created.

Support staff continues the Sore Throat DHA CSSP protocol.

**\*Exclusion Criteria\***  
Any "yes" responses from the Exclusion Criteria Box on the left?

Yes

Support staff will consult with the provider about the plan of care.

No

**\*\*Examination Findings\*\***  
Any "yes" responses from the Examination Findings Box on the left?

Yes

Obtain rapid strep and order throat culture per local protocol.

No

**Strep Exposure**  
Has the patient recently been exposed to someone with confirmed strep throat?

Yes

No

Score one point for each positive answer (except Q6)

- |   |          |        |
|---|----------|--------|
| 1) Is cough absent?                         | Yes (+1) | No (0) |
| 2) Is there a history of fever > 100.4F?    | Yes (+1) | No (0) |
| 3) Is there tonsillar exudate?              | Yes (+1) | No (0) |
| 4) Are there swollen tender anterior nodes? | Yes (+1) | No (0) |
| 5) Is patient age less than 14 years?       | Yes (+1) | No (0) |
| 6) Is patient age greater than 44 years?    | Yes (-1) |        |

### Score

- 0-1= Viral pharyngitis, further testing not indicated
- 2-3= Perform rapid strep and culture, notify provider if rapid test is positive
- 4+= Perform rapid strep and culture, provider must assess

Verify the patient's contact information, provide patient education handout and follow-up instructions. Collect specimen as per local protocol.

Ensure thorough documentation of all aspects of the visit are entered into the EHR (e.g. patient education, counseling, and/or follow-up care instructions).