



Taddle Creek

Family Health Team

Title:	<u>GABHS Pharyngitis</u>	Number:	<u>TCFHT-MD13</u>
Activation Date:	<u>09-Sep-2014</u>	Review Date:	<u>Dec 22, 2022</u>
Next Review:	<u>Dec 22, 2023</u>		

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Order and/or Delegated Procedure:	Appendix Attached: <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes Title:
Assessment, diagnosis, and treatment of Group A Beta-Hemolytic Streptococcal pharyngitis (ie. Strep Throat) in adults (>15 years of age) in accordance with the conditions identified in this directive.	
Recipient Patients:	Appendix Attached: <input type="checkbox"/> No <input checked="" type="checkbox"/> Yes Title: Appendix A – Authorizer Approval Form
Recipients must: <ul style="list-style-type: none">• Be active patients of a TCFHT primary care provider who has approved this directive by signing the Authorizer Approval Form (Appendix A)• Be 15 years of age or older• Meet the conditions identified in this directive	
Authorized Implementers:	Appendix Attached: <input type="checkbox"/> No <input checked="" type="checkbox"/> Yes Title: Appendix B – Implementer Approval Form
Implementers must be TCFHT employed Regulated Health Care Providers or Physician Assistant (under the supervision of a physician).	
Implementers must complete the following preparation and sign the Implementer Approval Form (Appendix B): <ol style="list-style-type: none">1. Assess own knowledge, skill and judgement to competently assess, diagnose and treat Group A Beta-Hemolytic Streptococcal pharyngitis.	

2. Review "Evaluation of Acute Pharyngitis in Adults" (Chow & Doron, 2022), accessible from: <http://www.uptodate.com>
3. Review "Symptomatic treatment of acute pharyngitis in adults." (Stead, 2022), accessible from: <http://www.uptodate.com>
4. Review "Treatment and Prevention of Streptococcal Pharyngitis in adults and children" (Pichichero, 2022), accessible from: <http://www.uptodate.com>
5. Review Pharyngitis chapter from "Anti-infective Guidelines for Community-Acquired Infections", most current edition (MUMS, 2019)
6. Review "Pharyngitis: approach to diagnosis and treatment" (Sykes et al. 2020). Available at: <https://www.cfp.ca/content/66/4/251?rss=1> and "Point of care testing for group A streptococcal pharyngitis" (Craig et al. 2020) available at: <https://www.cfp.ca/content/66/1/41>
7. Review guidelines for collecting a throat swab specimen, accessible from: <https://www.dynacare.ca/specialpages/secondarynav/find-a-test/nat/throat%C2%A0culture.aspx?sr=ont&st=throat&> and http://tests.lifelabs.com/Microbiology/MICRO-THROAT_C_S.aspx?s=1
8. Review and become familiar with the principles of antibiotic therapy and the antibiotics recommended for treatment of Strep A pharyngitis (in MUMS Anti-Infective Guidelines) using a pharmacology reference text and/or CPS. Other resources: RxFiles <https://www.rxfiles.ca/rxfiles/uploads/documents/books/charts.html> Sanford Guide to Antimicrobial therapy <https://store.sanfordguide.com/antimicrobial-therapy-c2.aspx>
9. Review principles of antibiotic stewardship, including Choosing Wisely materials "Using antibiotics wisely in primary care" (2020). Available at: <https://choosingwiselycanada.org/campaign/antibiotics-primary-care>
10. **An authorizing primary care provider must supervise 3 cases before implementer signs the Implementer Approval Form (Appendix B).**

Indications:

Appendix Attached: No Yes
 Title:

- Eligible patients who present with abrupt onset of sore throat in addition to 1 or more of the following symptoms: fever, tender anterior cervical lymphadenopathy, tonsillopharyngeal and/or uvular edema, patchy tonsillar or pharyngeal exudate, scarlatiniform rash, or history of GAS exposure.
- Eligible patient has a positive Rapid Antigen Detection Test for GABHS infection

Contraindications:

- No verbal consent from patient/substitute decision maker for implementer to apply directive.
- Patient is <15 years of age
- Recurrent GAS pharyngitis
- Patient history of acute rheumatic fever or rheumatic heart disease

Consent:

Appendix Attached: No Yes
 Title:

- Patient's consent is implied for implementer to assess and treat GABHS pharyngitis, as patient has presented seeking treatment and is a Family Health Team patient, where interprofessional practice is expected.
- Patient informed of purpose of testing, including when results will be available, and follow up required if test is positive or negative
- Patient able to give informed consent, is cooperative, and does not need restraint

Guidelines for Implementing the Order/Procedure:

Appendix Attached: No Yes

Title: Appendix C – Order Treatment Table for GAS Pharyngitis in Adults >15 years
Appendix D - TCFHT-MD13 stamp
Appendix E – TCFHT-MD13 Sample Lab Requisition
Appendix F – TCFHT-MD13 Sample Prescription

For assessment and treatment of patients who meet the Indications described above:

- Implementer performs assessment including:
 - History (presenting symptoms, past history of GABHS pharyngitis and treatment, allergies, recent GABHS contacts)
 - Physical assessment (temperature, head and neck examination, chest (if warranted))
- Implementer utilizes the following **Clinical Decision Rule for Management of Sore Throat** (Anti-infective Review Panel, 2019) to calculate throat score and determine appropriate course of action as per total throat score:

Clinical Decision Rule for Management of Sore Throat

Step 1 – Centor criteria

Criteria	Points
Temperature > 38 C	1
Absence of Cough	1
Swollen, tender anterior cervical nodes	1
Tonsillar swelling or exudate	1
Age 15-44	0
Age ≥ 45	-1

Step 2

Choose the appropriate management according to the sore throat score:

Total Score	Risk of GABHS Infection (%)	Suggested Management
0 or less	1-2.5	No culture, Rapid Antigen Test, or antibiotic required*
1	5-10	
2	11-17	Perform culture or Rapid Antigen Test

3	28-35	Perform culture or Rapid Antigen Test Treat with antibiotic only if test is positive for GABHS
4 or more	51-53	Start antibiotic therapy on clinical grounds (patient has high fever or is clinically unwell and presents early in the disease course). If culture or Rapid antigen test is performed and result is negative then antibiotic should be discontinued.

*It is always appropriate to perform a throat culture if other clinical factors lead you to suspect Strep infection (eg., household contact).

- Implementer performs point-of-care Rapid Antigen Test, if suggested according to the above Clinical Decision Tool
- If the Rapid Strep Test is positive, implementer communicates with patient that he/she likely has GAS pharyngitis.
 - The implementer will advise the patient/substitute decision maker to treat Pharyngitis according to the attached **Order Treatment Table (Appendix C)**.
 - Implementer assesses the patient for allergies and documents in the EMR.
 - Implementer confirms medication profile is accurate and checks for drug interactions.
 - The implementer will prepare a Prescription using the supervising primary care provider initials in Practice Solutions. Example shown in Appendix F. Prescription should be signed as below:
 - Signature
 - Implementer Name/Primary Care Provider (Medical Directive # TCFHT-MD13)
 - Implementer provides patient with education of common side effects of antibiotics prescribed, when to expect resolution of symptoms, and when to seek further medical assistance.
 - The implementer advises the patient that if symptoms do not improve within 48 hours of starting antibiotic treatment, they should see their primary care provider.
- If the Rapid Strep Test is negative, implementer performs a throat culture if other clinical factors lead implementer to suspect streptococcal infection (ex. confirmed contact, high fever), for adults who are at higher risk for severe complications (eg., poorly controlled diabetes mellitus, immunocompromised, or on chronic steroids), and for young adults living in high risk settings such as college dormitories/congregate settings.
 - Implementer will prepare lab requisition for throat swab culture and sensitivity using the supervising primary care provider initials in Practice Solutions. Example shown in Appendix E. Lab requisition should be signed as below:
 - Signature
 - Implementer Name/Primary Care Provider Name (Medical Directive # TCFHT-MD13)
 - Implementer to consult with primary care provider to determine alternative etiology, diagnosis, and treatment if Rapid Strep Test and/or throat swab for culture and sensitivity are negative for GAS pharyngitis (ex. viral upper respiratory tract infection, infectious mononucleosis, gonorrhea, acute HIV infection).
- Implementer documents the encounter in the EMR, using TCFHT-MD13 stamp (Appendix D).
- The implementer will review with the patient/substitute decision maker interventions for symptom management (ex. rest, hydration, saline gargles, warm tea, ice, lozenges/spray, honey, over-the-counter antipyretics and analgesics, such as ibuprofen or acetaminophen, avoid smoke, air humidifier).

- Implementer will educate the patient with cough and no fever in addition to their sore throat to stay home and to monitor themselves. They should be cautioned to present for evaluation if fever develops or have difficulty swallowing, or go to ED if they develop any of the following unusually severe symptoms: unable to swallow saliva, drooling, respiratory distress, stridor, dysphonia, muffled “hot potato” voice, neck swelling, or lockjaw, stiff neck, crepitus.
- Implementer will follow up with lab results promptly (if applicable) and review with the patient’s primary care provider.

Documentation and Communication:Appendix Attached: No Yes

Title: Appendix D – TCFHT-MD13 Stamp; Appendix E – Sample Lab Requisition; Appendix F – Sample Prescription

- Documentation in the patient’s EMR needs to include: name and number of directive, name of implementer (including credentials), and name of patient’s physician/nurse practitioner who has authorized directive (Appendix D).
- Information regarding implementation of the procedure and the patient’s response should be documented in the patient’s EMR, in accordance with standard documentation practice (CNO Standard, Potter & Perry text).
- Standard documentation is recommended for prescriptions, requisitions, and requests for consultation (Appendix E and F).
- RN will send a message in Practice Solutions to patient’s primary care provider, notifying him/her that patient was seen and to review note in EMR.

Review and Quality Monitoring Guidelines:Appendix Attached: No Yes

Title:

- Review will occur annually on the anniversary of the activation date. Review will involve a collaboration between the authorizing primary care providers and the approved implementers.
- If new information becomes available between routine reviews, such as the publishing of new clinical practice guidelines, and particularly if this new information has implications for unexpected outcomes, the directive will be reviewed by an authorizing primary care provider and a minimum of one implementer.
- At any such time that issues related to the use of this directive are identified, TCFHT must act upon the concerns and immediately undertake a review of the directive by the authorizing primary care providers and the authorized implementers.
- This medical directive can be placed on hold if routine review processes are not completed, or if indicated for an ad hoc review. During the hold, implementers cannot perform the procedures under authority of the directive and must obtain direct, patient-specific orders for the procedure until it is renewed.

References:

Anti-infective Review Panel. (2019). *Anti-infective Guideline for Community-acquired Infections*. Toronto: MUMS Guideline Clearinghouse.

Chow, A.W., & Doron, S. (2022). *Evaluation of Acute Pharyngitis in Adults*. Retrieved from http://www.uptodate.com/contents/evaluation-of-acute-pharyngitis-in-adults?source=search_result&search=pharyngitis&selectedTitle=1%7E150

College of Nurses of Ontario. (2008). *Practice Standards: Documentation*. Retrieved from: <https://www.cno.org/en/learn-about-standards-guidelines/educational-tools/learning-modules/documentation-2010/>

Pichichero, M. (2022). *Treatment and Prevention of Streptococcal Pharyngitis in adults and children*. Retrieved from http://www.uptodate.com/contents/treatment-and-prevention-of-streptococcal-tonsillopharyngitis?source=see_link

Stead, W. (2022). *Symptomatic Treatment of Acute Pharyngitis in Adults*. Retrieved from http://www.uptodate.com/contents/symptomatic-treatment-of-acute-pharyngitis-in-adults?source=see_link

Potter, P.A. & Perry, A.G. *Fundamentals of Nursing*. St. Louis: Mosby.

Appendix C

Order Treatment Table for GABHS Pharyngitis in Adults >15 years

The primary purpose of treatment is to prevent acute rheumatic fever. Based on available evidence, and unless otherwise stated, regimens require 10 days in order to achieve successful treatment and prevent post-streptococcal sequelae.

Adults	Viral 80-90% of the time Pharyngitis is NOT bacterial	NO Antibiotic treatment indicated	Viral features include: Conjunctivitis, cough, hoarseness, coryza, anterior stomatitis, discrete ulcerative lesions
	Bacterial Group A Strep	First Line: Penicillin V	300 mg TID or 600 mg BID
		Amoxicillin	500 mg BID
		Second Line:	
		Cephalexin	500 mg BID
		Cefadroxil	500 mg BID
		Cefuroxime	250 mg BID
		Cefprozil	250mg BID
		Third Line:	
		Azithromycin	500 mg on first day then 250 mg x4 days
		Clarithromycin	250 mg BID
		Erythromycin	250mg QID

(Anti-infective Review Panel, 2019)

Last Updated 22/12/2022 by Vicki McGregor, RN

Appendix D

TCFHT-MD13 STAMP

S: •; reports • day hx of «sore throat,»« fever,»« and» «tender/swollen neck lymph nodes»
 «no cough, no nasal congestion or other flu-like symptoms»
 has «not» had Strep throat in the past - •
 «no» confirmed close contacts with Strep; •

O: Temp: •
 «no» anterior cervical lymphadenopathy
 «no» pharyngeal erythema
 «no» tonsillar swelling
 «no» tonsillar purulent exudates
 Chest auscultation: •

Throat Score:
 («1» «0») Temp > 38 Deg.C
 («1» «0») Absence of cough
 («1» «0») Swollen, tender ant. cervical nodes
 («1» «0») Tonsillar swelling or exudates
 («1» «0») Age 15-44 yr
 («-1» «0») Age > 45 yr
 Total score: •

Rapid Antigen Test: •

A: «GAS pharyngitis» «likely viral URI»

P:

«- treatment with antibiotics (see below)»

«- throat C&S»

- reviewed symptom management - salt water gargles four times a day, lozenges, rest maintain good hydration, hand hygiene, warm tea, avoidance of irritants (ex. smoke)

- Tylenol or Advil for pain or if fever develops

«- RTC if symptoms persist or worsen after 48-72 hours of treatment»

«- provider to f/u with C&S results»

«- provider to notify primary care physician of patient encounter»

«- Monitor cough and fever; RTC or go to Emergency if fever develops, have difficulty swallowing, or develop any of the following unusual symptoms: secretions, drooling, dysphonia, muffled "hot potato" voice or neck swelling»

*actions and interventions in accordance with Medical Directive TCFHT-MD13_GABHS Pharyngitis

