

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: <ul style="list-style-type: none">• Throat sore - discomfort with swallowing. Abrupt onset. Plugged ears or decreased hearing• Runny nose and/or sneezing	Assessment: <ul style="list-style-type: none">• Alterations in comfort.• Potential for fluid volume deficit.• Potential for alteration in nutritional status.• Potential for sensory deficit: hearing.• Pharyngitis
Objective: <ul style="list-style-type: none">• Throat red, no pustules, no exudate, may be erythematous.• If throat is injected and pustules or gross edema or complaints of increased temperature, see Level II.	Plan: <p>Patient education handout regarding use of medication from the housing units.</p> <p>At nursing discretion may use any of the below:</p> <ul style="list-style-type: none">• Saline gargles.• Push fluids.• Rest voice.

Patient Teaching:

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

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APPROVED:

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1/12/09

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