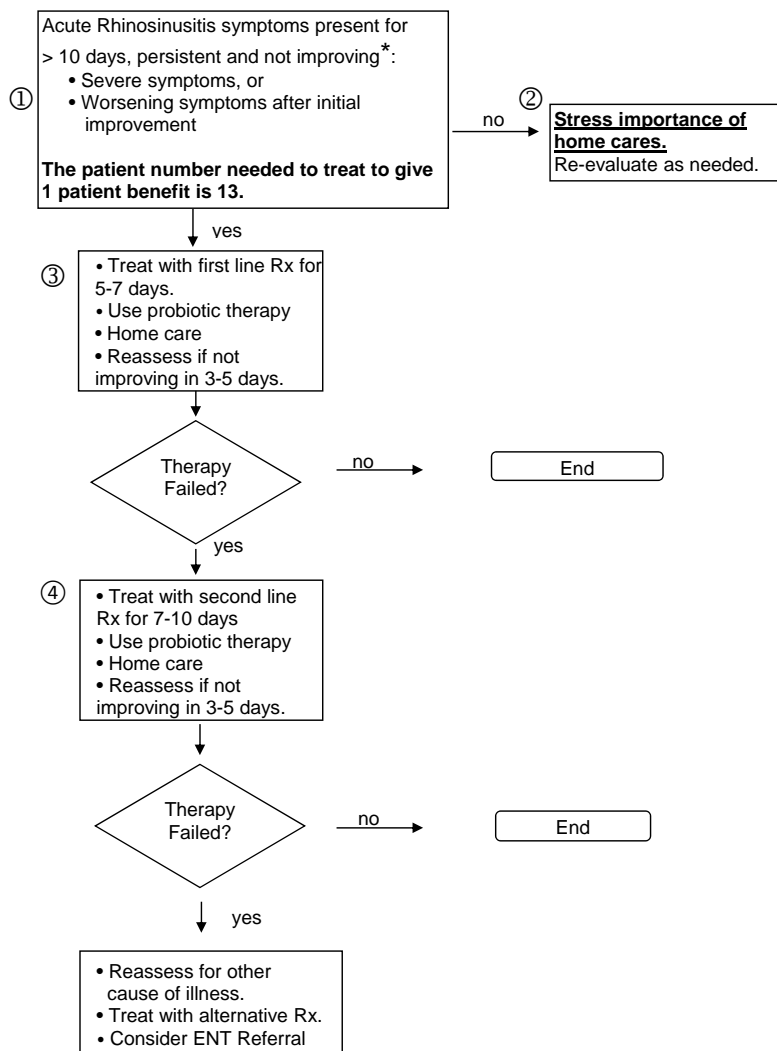


## ACUTE BACTERIAL RHINOSINUSITIS (ABRS) IN ADULTS



1.

**\* Background:**

- In placebo-controlled randomized clinical trials, 65-70% of adults with ARS improved spontaneously.
- The patient number needed to treat to give 1 patient benefit is 13.
- About 60% of adults with symptoms > 7-10 days have a confirmed pathogen present on sinus aspiration.
- 25% of patients with rhinovirus infection may have symptoms > 14 days, but are generally improving at the 10-day mark.

**Signs/Symptoms of ABRS (\*Most predictive):**

- Worsening after initial improvement\*
- Persistent purulent nasal drainage\*
- Symptoms of ARS > 10 days without improvement\*
- Visualized pus in nares/oropharynx\*
- Nasal or facial congestion
- Unilateral maxillary pain/tenderness

2.

**Home care:**

- Saline rinses/lavage
- Analgesics
- Humidification
- Nasal steroid spray
- Consider short-term (3 days) topical decongestant

3.

**First Line Therapy:**  
Augmentin (Amox/clauvulinic acid) or Doxycycline.

Treat for 5-7 days.

**Use probiotic therapy (e.g. Florajen, Lactobacillus acidophilus).**

**Note:** Longer courses of antibiotic therapy do not improve outcome.

4.

**Second Line Therapy:**

- High dose Amox/clauvulinic acid, Fluoroquinolone, or Clindamycin + cephalosporin

Treat for 7-10 days.

**Use probiotic therapy (e.g. Florajen, Lactobacillus acidophilus).**

**Note:** Longer courses of antibiotic therapy do not improve outcome.

Adapted from: IDSA Clinical Practice Guideline for Acute Bacterial Rhinosinusitis in Children and Adults  
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