**Priority Topic:**

**UPPER RESPIRATORY TRACT INFECTION**

**Key Features:**

1. Given an appropriate history and/or physical examination:
   a) Differentiate life-threatening conditions (epiglottitis, retropharyngeal abscess) from benign conditions.
   b) Manage the condition appropriately.

**What you should study:**

- ICSI Dx and Tx of Respiratory Illness Guidelines - Table 2 Page 15
- Antibiotic Use in URTI AAFP 2012
- SOS Antibios! MduQ 2014

2. Make the diagnosis of bacterial sinusitis by taking an adequate history and performing an appropriate physical examination, and prescribe appropriate antibiotics for the appropriate duration of therapy.

**What you should study:**

- Acute bacterial sinusitis in Children AAP 2013
- Acute bacterial sinusitis in children NEJM 2012
- Acute Rhinosinusitis Adult INESSS 2016
- Acute Rhinosinusitis Children INESSS 2016
- Rhinosinusite-Adulte INESSS 2016
- Rhinosinusite-Enfant INESSS 2016
3. In a patient presenting with **upper respiratory symptoms**: 
   
   a) Differentiate **viral** from **bacterial infection** (through history and physical examination).

   b) **Diagnose a viral upper respiratory tract infection** (URTI) (through the history and a physical examination).

   c) **Manage the condition appropriately** (e.g., do not give antibiotics without a clear indication for their use).

   **What you should study:**

   ✓ Appropriate antibiotic use for acute respiratory infection in adults AIM 2016
   ✓ L’utilisation rationelle des antibiotiques MduQ 2017
   ✓ ICSI Dx and Tx of Respiratory Illness Guidelines

4. Given a history compatible with otitis media, **distinguish it from otitis externa and mastoiditis**, according to the characteristic physical findings.

   **What you should study:**

   These CPS articles are also available in English
   ✓ L’otite externe aiguë CPS 2013
   ✓ La prise en charge de l’otite moyen aiguë CPS 2016

5. In **high-risk patients** (e.g., those who have human immunodeficiency virus infection, chronic obstructive pulmonary disease, or cancer) with upper respiratory infections: **Look for complications** more aggressively, and follow up more closely.

   **What you should study:**

   ✓ ICSI Dx and Tx of Respiratory Illness Guidelines - **Table 1**
6. In a presentation of pharyngitis, **look for mononucleosis**.

**What you should study:**

My favourite sore throat mnemonic for differential is “mono-gono-strep”

✓ Mononucleosis: Common questions AAFP 2015

7. In **high-risk groups**:

a) Take **preventive measures** (e.g., use flu and pneumococcal vaccines).

b) **Treat early** to decrease individual and population impact (e.g., with oseltamivir phosphate [Tamiflu], amantadine).

**What you should study:**

✓ The use of antiviral drugs for influenza CPS 2013

✓ Antiviral drugs for influenza AMMI Canada Guideline 2013

✓ Pneumococcal vaccination in adults – see **Table 4**
