Sinus and Nasal Disorders
- Symptoms include nasal obstruction, rhinorrhea, change in sense of smell, post nasal drip, facial pressure, persistent headaches
- Recurrent acute sinusitis – sinus infections generally lasting 2 weeks with resolution of symptoms after treatment
- Chronic sinusitis (CRS) – persistent of sinus symptoms continuously for more than 3 months

Information Required
- Presence of red flags
- Duration of symptoms
- Treatment prescribed and patient compliance with topical treatments for at least 3 months
- Allergy results with RAST or skin prick testing
- Failure to stop epistaxis with topical treatments and silver nitrate cauterisation

Investigations Required
- Allergy tests if possible
- CT if red flag present or after a 2 month course of medical therapy

Fax Referrals to
- ENT Clinic Fax: 8374 4928

Red Flags
- Unilateral nasal discharge mixed with blood persistently for more than a month
- Orbital symptoms (swelling, redness, loss of vision or eye pain) with sinusitis
- Persistent unilateral clear nasal discharge and beta-2 transferring positive on testing (CSF)
- Abnormal imaging with suspected malignancy is reported

Suggested GP Management
For chronic sinusitis (CRS)
- Nasal rinsing/douching
- Topical steroid sprays daily (2 sprays each nostril daily for the first month then 1 spray each nostril daily for 2 months)
- Oral antibiotics if there is coloured nasal discharge (e.g. greenish)
- Advise to cease smoking (if patient is a smoker)

For recurrent acute sinusitis
- Same as CRS
- Referral indicated only if > 4 infections/year

For epistaxis
- Topical treatment with Vaseline and/or nasalate nosebleed gel
- Cauterise with silver nitrate

Clinical Resources

Patient Information
- ENT UK: Sinus Infection (Sinusitis) https://entuk.org/ent_patients/nose_conditions/sinusitis

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients