

ADULT PATIENT WITH SUSPECTED BACTERIAL PHARYNGITIS

Indication for Testing:



Do any of the following criteria exist?

- Absence of cough
- Swollen and tender anterior cervical nodes
- Temperature >100.4°F (38°C)
- Tonsillar exudates or swelling
- Age < 45
- Recent exposure to individual with GAS pharyngitis

≥ 4 Symptoms

Consider empiric antibiotics and testing

≤1 Symptom



Testing not indicated. Empiric antibiotics not recommended.

If the following clinical features exist:

- Fever (>37.8°C or 100°F)
- Rhinorrhea
- Cough
- Sore throat

≥2 Symptoms

Laboratory Testing:



1. Perform rapid testing for Group A streptococcal pharyngitis (if available)
- OR
2. Group A DNA Probe test (GADNA)

Positive

Negative*



No further evaluation or treatment necessary

Treatment Recommendations:



IDSA Treatment Recommendations:

Treatment duration: 10 days

First line: Penicillin or amoxicillin

Penicillin-allergic:

First generation cephalosporin (cephalexin)

Clindamycin

Clarithromycin

Azithromycin (5 day treatment duration)

Differential Diagnosis:

Symptoms are most characteristic of a viral infection. Symptomatic therapy recommended. For testing recommendations, review the following algorithm:

- Adult Patient with Influenza-Like Illness

Key: Group A streptococcal (GAS); Rapid Antigen Detection Test (RADT); Group A DNA Probe test (GADNA)

* A back-up GADNA is not necessary for a negative RADT due to low incidence of GAS pharyngitis and low risk of associated complications (i.e., rheumatic fever) in adults.

References:

- Shulman ST, Bisno AL, Glegg HW, et al. Clinical Practice Guideline for the Diagnosis and Management of Group A Streptococcal Pharyngitis: 2012 Update by the Infectious Diseases Society of America. Clin Infect Dis. 2012;1:1-16.
- Cooper RJ, Hoffman JR, Bartlett JG, et al. Principles of Appropriate Antibiotic Use for Acute Pharyngitis in Adults: Background. Ann Intern Med. 2001;134:509-17.
- Choby BA. Diagnosis and Treatment of Streptococcal Pharyngitis. Am Fam Physician. 2009;79(5):383-90.