

Management of Sinusitis

NH ENT Specialist Clinic Referral Alert

Due to reduction in Consultant availability NH has reduced its ENT Clinics. NH ENT Service will continue to accept referrals however only urgent and semi-urgent cases are being seen. All non-urgent conditions are being placed on an extended waiting list.

Patients on the extended waiting list are unlikely to receive an appointment within 100 weeks. Please note that Austin Health does not have capacity to provide service to patients from NH's catchment and also has a wait time in excess of 100 weeks. Please monitor the status of patients on the extended waiting list and notify NH of any change in condition.

GP Management:

To assist in addressing the issue of access to ENT services, NH asks that GPs undertake 6-8 weeks of management of sinusitis prior to referring to the ENT department. **Referrals that do not include a statement regarding the patient's response to this treatment, or reasons for not undertaking it, will not be accepted.**

Please ensure that the referral contains a CT Sinuses taken after 6-8 weeks of the medical management listed below. The patient must bring the films (hard or CD) to the appointment.

Medical Management (unless specific contraindication):

- Prednisolone 50mg daily 5/7, 25mg 3/7, 12.5mg 3/7.
- Saline douche BD ongoing for at least six weeks.
- Steroid spray (e.g. Rhinocort 64mcg) 1 spray BNs BD for at least six weeks.
- If significant suspicion of chronic rhinosinusitis, add 10 days rufidol 300mg at commencement.

Please do not hesitate to contact the Specialist Clinic Liaison desk during office hours on 8405 8836 should you require further information.