

COURSE SUMMARY ENT UPDATES IN PRIMARY CARE

DATE: 12 JANUARY 2023

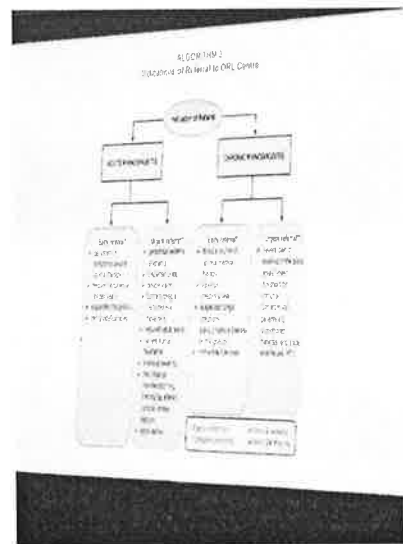
VENUE: HPUPM

PREPARED BY: DR FARIS MOHD NASIR

This course was held with the main objectives to update healthcare workers on the latest management of common ENT disorders such as rhinosinusitis, obstructive sleep apnea and others. With the target audience being primary care workers, this course aimed to give a better knowledge and understanding regarding common ENT problems that primary care workers face everyday so that when they have to refer to ENT for further management.

MANAGEMENT OF RHINOSINUSITIS

- Acute rhinosinusitis is usually treated medically
- Preferred antibiotics is augmentin (3-7 days)
- ARS not recommended to start steroids
- Nasal spray
- Saline irrigation is recommended to be used
- Decongestant - not more than a week to prevent rebound phenomenon
- Anti histamines
- No evidence to support use of mucolytics and antiviral
- Urgent referral if
 - Orbital complications
 - Periorbital edema
 - Double vision
 - Severe headache
- Early referral
 - Persistent sx
 - Immunocompromised pt
 - Frequent recurrence



UPDATE IN OSA

- Use stop-bang score to screen
- Non surgical mx
 - Weight loss
 - Good sleep hygiene
 - Positional therapy - sleep on the side
 - Oral appliances - under physiotherapy
 - Positive airway pressure - cPAP, biPAP

STRIDOR IN CHILDREN

- Noisy breathing is stridor until proven otherwise
- Refer ent to find out cause, especially in child with FTT

NECK SWELLING

- MOST COMMON CAUSE IS LN
- REDFLAG - OTALGIA, DYSPHAGIA, STRIDOR, HOARSE VOICE


DR FARIS BIN MOHD NASIR
MBBS (UIAM), No Pendaftaran Penuh: 91893
PEGAWAI PERUBATAN UD43
Pusat Kesihatan Universiti
Universiti Putra Malaysia
43400 Serdang, Selangor