Patient Education for Acute Sinusitis with no Antibiotics

Basic Educational Needs:
- ✔ What is the problem?
- ✔ What does the patient need to do?
- ✔ Why is it important for the patient?

1. What is the problem?
   - Your doctor identified your illness as sinusitis which is another way of saying you have a bad cold. Your doctor did not prescribe an antibiotic because they don’t work for viral infections like colds or the flu. These medications only work against bacteria.
   - Set appropriate expectations for the duration of symptoms: i.e. “It is not unusual for your cough to last up to 4 weeks.”

2. What does the patient need to do?
   - Getting plenty of rest and drinking more water will help you get feeling better faster.
   - Use over the counter medications such as acetaminophen and ibuprofen for discomfort, cough suppressants, multi-symptom OTC meds etc.
   - Cover your mouth when you sneeze or cough to keep from spreading the infection to others.
   - Washing your hands thoroughly and frequently is the best way to keep you and others from getting sick.

3. Why is this information important?
   - Follow the treatment plan and you should start feeling better within a few days. If you experience any of the following, please contact the office immediately:
     i. Severe facial pain
     ii. Fever > 102° F
     iii. Symptoms improve, then worsen

Always use the Teach Back method to assess the patient’s understanding of the material. Questions you could ask the patient using the Teach Back method include:
1) Ask the patient to explain why they are not receiving an antibiotic.
2) Ask the patient to explain what they can do at home to help alleviate the symptoms.
3) Ask the patient to tell you when they should contact the office.
Patient Education for Acute Sinusitis with Antibiotic Therapy

Basic Educational Needs:
- **What is the problem?**
- **What does the patient need to do?**
- **Why is it important for the patient?**

1. **What is the problem?**
   - Your doctor prescribed you an antibiotic to help your body get over this illness.

2. **What does the patient need to do?**
   - The name of your antibiotic is ________. Your doctor wants you to take ______ tablets _____ times per day.
   - It is important that you take the medication *exactly* as prescribed. You need to take the full dose, even if you are feeling better.
   - You should never share or take left over antibiotics or use them without a prescription.
   - Be sure to get plenty of rest and increase your water intake.
   - Cover your mouth when you sneeze or cough to keep from spreading the infection to others.
   - Washing your hands thoroughly and frequently is the best way to keep you from getting sick.

3. **Why is this information important?**
   - It is important for you to take the medication exactly as prescribed to keep you from getting another more severe infection.
   - It is normal for some people to experience mild stomach upset and diarrhea when taking antibiotics.
   - You need to call the office if you experience any of the following: severe vomiting or diarrhea, yeast infections (for women), allergic reactions such as a rash, hives etc.

Always use the **Teach Back** method to assess the patient’s understanding of the material. Questions you could ask the patient using the **Teach Back** method include:

1) Ask the patient to tell you how they will take their medication.
2) Ask the patient to explain what they can do at home to help alleviate the symptoms.
3) Ask the patient to tell you when they should contact the office.