

RHINOSINUSITIS AKUT

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DEFINISI

Rhinosinusitis in adults is defined as:

- inflammation of the nose and the paranasal sinuses characterised by two or more symptoms, one of which should be either **nasal blockage / obstruction / congestion** or **nasal discharge** (anterior / posterior nasal drip):
 - facial pain/pressure
 - reduction or loss of smell
 - and either
- endoscopic signs of:
 - nasal polyps, and/or
 - mucopurulent discharge primarily from middle meatus and/ or
 - oedema / mucosal obstruction primarily in middle meatus and/or
- CT changes:
 - mucosal changes within the ostiomeatal complex and/or sinuses



KLASIFIKASI



Acute
Rhinosinusitis (ARS)



Chronic
Rhinosinusitis (CRS)



Acute Rhinosinusitis (ARS)

Acute rhinosinusitis in adults is defined as:

sudden onset of two or more symptoms, one of which should be either nasal blockage/obstruction/congestion or nasal discharge (anterior/posterior nasal drip):

- ± facial pain/pressure
- ± reduction or loss of smell

for <12 weeks

with symptom free intervals if the problem is recurrent, with validation by telephone or interview.

Klasifikasi ARS

Common cold

- Acute viral rhinosinusitis
- Duration of symptoms <10 days

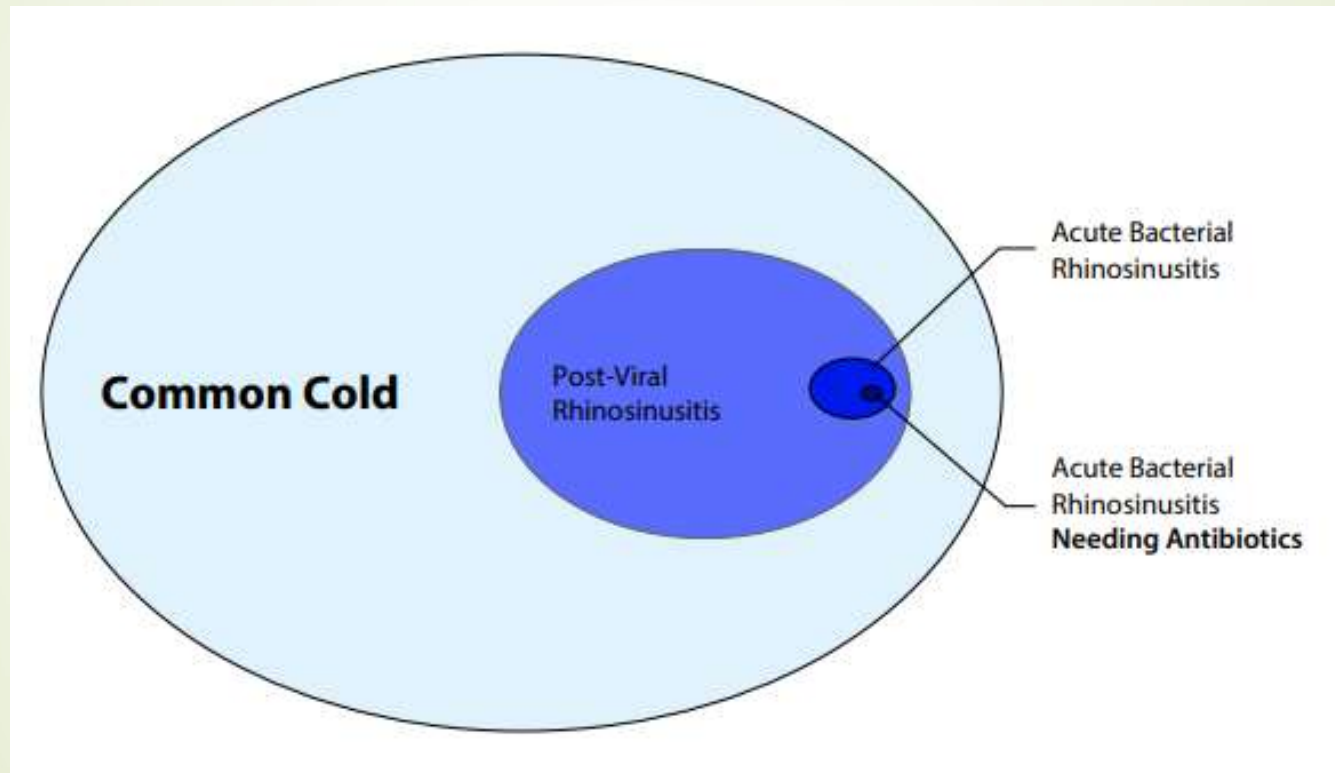
Acute post viral

- Increase in symptoms >5 days, or
- Persistent symptoms >10 days with <12 weeks duration

Acute bacterial

- Discoloured mucus
- Severe local pain
- Fever >38°C
- Raised CRP/ESR
- "double" sickening

Epidemiologi ARS





Diagnosis ARS

In the primary care setting, ARS is diagnosed by the acute onset of symptomatology without detailed ENT examination or imaging

- Nasal blockage, congestion or stuffiness
- Nasal discharge or postnasal drip, often mucopurulent
- Facial pain or pressure, headache, and
- Reduction/loss of smell

Pemeriksaan Klinis ARS

Anterior rhinoscopy

Temperature

Inspection and palpation of sinuses

Nasal endoscopy

C-reactive protein

Procalcitonin

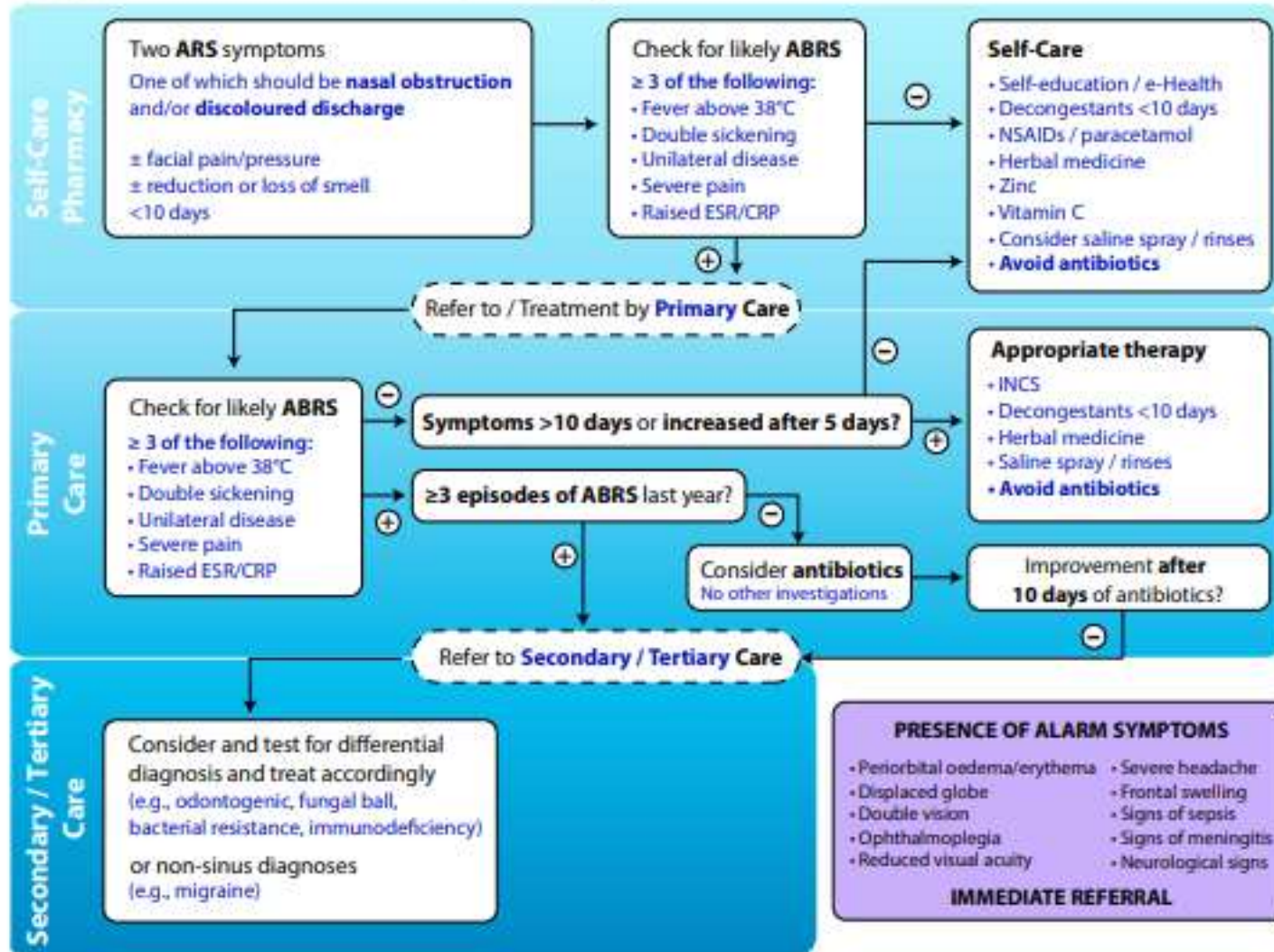


Diagnosis Banding ARS

- ▶ URTI
- ▶ Rinitis Alergi
- ▶ *Orodental disease*



EPOS 2020: Care pathways for acute rhinosinusitis (ARS)



ABRS, acute bacterial rhinosinusitis; INCS, intranasal corticosteroids.



DAFTAR PUSTAKA

Fokkens WJ., Lund VJ., Hopkins C., Hellings PW., Kern R., Reltsma S., et al. European Position Paper on Rhinosinusitis and Nasal Polyps 2020. *Rhinology*. 2020. Supplement 29: 1-464.



TERIMA KASIH