

INFECTIOUS DISEASES
BACTERIAL UPPER RESPIRATORY INFECTIONS - DIAGNOSIS AND MANAGEMENT GUIDELINES

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Abstract: *In children, upper respiratory infections are a leading cause of visit to pediatrician, mild morbidity and school absenteeism. Most of them are caused by viral infections and are self limiting, while bacterial infections account for a small percentage but needs appropriate treatment. Upper respiratory infection is one of the most common conditions where antibiotics are prescribed inappropriately. Hence, a prompt diagnosis of bacterial upper respiratory tract infections is important for institution of early and appropriate antimicrobial therapy, thereby preventing complications. Judicious use of antibiotics will also help to reduce the cost, adverse effects and antimicrobial resistance.*

Keywords: *Acute otitis media, Acute bacterial rhinosinusitis, Pharyngotonsillitis, Croup, Epiglottitis.*

Points to Remember

- *Most of the upper respiratory tract infections are caused by viruses.*
- *Centor / McIssac score can be of help to differentiate viral and bacterial pharyngitis.*
- *Amoxicillin is the first line drug for acute otitis media, acute bacterial rhinosinusitis and Group A beta hemolytic streptococcus.*
- *Macrolides should be avoided for bacterial upper respiratory tract infections since there is a high degree of resistance.*
- *Avoid antibiotics for common cold, otitis media with effusion and croup.*

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