

SINUS - Sinusitis

SINUS-AP ANATOMY AND PHYSIOLOGY

OUTCOME: The patient/family will understand anatomy and physiology as it relates to sinusitis.

STANDARDS:

1. Explain normal anatomy and physiology of the sinuses.
2. Discuss the changes to anatomy and physiology as a result of sinusitis.
3. Discuss the impact of these changes on the patient's health or well-being.

SINUS-C COMPLICATIONS

OUTCOME: The patient/family will understand the common and important complications associated with sinusitis.

STANDARDS:

1. Explain that complications resulting from sinusitis are relatively rare, but when they occur they may be life-threatening and require extensive medical or surgical treatment.
2. Explain that complications usually involve the spread of infection beyond the sinuses to the facial bones (osteomyelitis), brain lining (meningitis), or facial tissues.
3. Explain that untreated sinusitis may lead to nasal polyps and may also increase the symptoms of asthma and chronic lung diseases.

SINUS-CUL CULTURAL/SPIRITUAL ASPECTS OF HEALTH

OUTCOME: The patient/family will understand the impact and influences of cultural and spiritual traditions, practices, and beliefs have on health and wellness.

STANDARDS:

1. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness. Refer to clergy services, traditional healers, or other culturally appropriate resources.
2. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are positive or detrimental interactions with prescribed treatment. Explain that the medical treatment plan must be followed as prescribed to be effective.

SINUS-DP DISEASE PROCESS

OUTCOME: The patient/family will understand the disease process of sinusitis.

STANDARDS:

1. Explain that sinusitis involves the inflammation and swelling of the mucous membranes lining the upper airway resulting in blockage of drainage which causes pressure and pain.
2. Explain that related symptoms are yellow or greenish discharge from the nose, head ache, bad breath, stuffy nose, cough, fever, tooth pain, and reduced sense of taste or smell.
3. Explain that sinusitis usually results from a viral infection, but can also be related to nasal allergies, nasal polyps, foreign objects, structural problems (deviated septum), and other conditions that can block the nasal passages and predispose to sinusitis.
4. Explain that acute sinusitis usually improves without treatment, but it can predispose to a bacterial infection that can become chronic and cause permanent changes in the mucous membranes that line the sinuses.

SINUS-FU FOLLOW-UP

OUTCOME: The patient/family will understand the importance of follow-up in the treatment of sinusitis.

STANDARDS:

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

SINUS-HM HOME MANAGEMENT

OUTCOME: The patient/family will understand the home management of sinusitis.

STANDARDS:

1. Explain, as appropriate, the following therapies:
 - a. Drinking plenty of fluids to help keep mucus thin.
 - b. Applying moist heat to the face for 5 to 10 minutes, several times daily.

- c. Breathing warm, moist air from a steamy shower, hot bath or sink filled with hot water and avoiding cool, dry air. A home humidifier may also be considered.
 - d. Using saltwater nasal washes to help keep nasal passages open and cleaned of mucus and bacteria.
 - e. Using nonprescription medications such as pain relievers and decongestants to relieve symptoms.
 - f. Blowing the nose gently, when necessary, to keep from forcing thick mucus back into the sinuses.
2. Discuss the implementation of hygiene and infection control measures.
 3. Refer to community resources, hospice, or support groups, as appropriate.

SINUS-L LITERATURE

OUTCOME: The patient/family will receive literature about sinusitis.

STANDARDS:

1. Provide patient/family with literature on sinusitis.
2. Discuss the content of the literature.

SINUS-M MEDICATIONS

OUTCOME: The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

STANDARDS:

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of full participation with the medication plan and that this is the patient's responsibility. Discuss any barriers to full participation.
5. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

SINUS-P PREVENTION

OUTCOME: The patient/family will understand ways to prevent sinusitis.

STANDARDS:

1. Explain that sinusitis may be prevented by avoiding precipitating factors. Discuss the following as appropriate:
 - a. Promptly treating nasal congestions caused by colds or allergies to prevent secondary bacterial infections of the sinuses.
 - b. Avoiding contact with people who have colds and other upper respiratory infections.
 - c. Decreasing the risk of infection by frequently washing the hands.
 - d. Avoiding cigarette, cigar and pipe smoke.
 - e. Avoiding allergenic triggers or considering immunotherapy (allergy shots).
 - f. Avoiding dry air in the home by using a humidifier.
 - g. Avoiding swimming in contaminated water.
2. Discuss that daily sinus irrigation may prevent sinusitis.

SINUS-PRO PROCEDURE

OUTCOME: The patient/family will understand the proposed procedure, including the indications, complications, and alternatives, as well as, possible results of non-treatment.

STANDARDS:

1. Discuss the indications, risks, and benefits of the proposed procedure as well as the alternatives and the risk of non-treatment.
2. Explain the process and what is expected after the procedure.
3. Explain the necessary preparation for the procedure.
4. Discuss pain management as appropriate.

SINUS-TE TESTS

OUTCOME: The patient/family will understand the tests that may be performed, including indications and impact on further care.

STANDARDS:

1. Explain that x-rays, CT/MRI scans, or other tests may be necessary if the diagnosis is not clear, antibiotic treatment has failed, sinusitis recurs, complications are suspected, or surgery is being considered.
2. Explain test(s) that have been ordered (explain as appropriate):
 - a. method of testing
 - b. necessity, benefits, and risks of test(s) to be performed
 - c. any potential risk of refusal of recommended test(s)

- d. any advance preparation and instructions required for the test(s)
 - e. how the results will be used for future medical decision-making
 - f. how to obtain the results of the test
3. Explain test results:
- a. meaning of the test results
 - b. follow-up tests may be ordered based on the results
 - c. how results will impact or effect the treatment plan
 - d. recommendations based on the test results

SINUS-TX TREATMENT

OUTCOME: The patient/family will understand the risks and benefits of treatment as well as the possible consequences of not participating with the treatment plan.

STANDARDS:

1. Explain the treatment plan. Emphasize the importance of active participation by the patient/family in the development of and participation with treatment plan.
2. Discuss therapies that may be utilized.
3. Explain that various treatments have their own inherent risks, side effects, and expected benefits. Explain the risk/benefit of treatment and non-treatment.
4. Discuss the importance of maintaining a positive mental attitude.