

WHAT IS



SINUSITIS

Sinusitis is an inflammation or swelling of the tissue lining the sinuses.

Healthy sinuses are filled with air.

But when they become blocked and filled with fluid, germs can grow and cause an infection.

TYPES OF SINUSITIS



Acute:

Usually starts with cold-like symptoms such as a runny, stuffy nose and facial pain. It may start suddenly and last 2-4 weeks.

Subacute:

Usually lasts 4 to 12 weeks.

Chronic:

Symptoms last 12 weeks or longer.

Recurrent:

It happens several times a year.



SYMPTOMS OF



SINUSITIS

- Pain, swelling and tenderness around your cheeks, eyes or forehead
- A blocked nose
- A reduced sense of smell
- Green or yellow mucus from your nose
- A sinus headache
- A high temperature
- Toothache
- Bad breath
- May include irritability, difficulty feeding, and breathing through their mouth



CAUSES OF



SINUSITIS

- The common cold
- Allergic rhinitis, which is swelling of the lining of the nose caused by allergens
- Small growths in the lining of the nose called nasal polyps
- A deviated septum, which is a shift in the nasal cavity
- Smoke in the environment
- If you have swelling inside the nose like from a common cold, blocked drainage ducts, structural differences that narrow those ducts, nasal polyps, immune system deficiencies or medications that suppress the immune system it's more likely.

NURSING DIAGNOSES OF SINUSITIS

INABILITY TO CLEAN THE AIRWAYS

RELATED TO INCREASED SECRETION IN INFLAMMATION

PAIN

RELATED TO IRRITATION OF THE UPPER AIRWAYS IN INFECTION

IMPAIRED SPEECH

AS A RESULT OF IRRITATION OF THE UPPER RESPIRATORY TRACT RELATED TO INFECTION OR DIFFICULTY SWALLOWING-LACK OF FLUID VOLUME RELATED TO FLUID LOSS THROUGH FEVER OR SWEATING

LACK OF INFORMATION

ON PREVENTION, TREATMENT AND SELF-CARE FROM UPPER RESPIRATORY TRACT INFECTIONS



TREATMENT



- Most people with sinusitis will feel better within two or three weeks and can look after themselves at home.
- You can help relieve your symptoms by:
- Taking over the counter painkillers such as paracetamol or ibuprofen
- Using nasal decongestants
- Holding warm packs to your face
- Regularly cleaning the inside of your nose with a saline solution
- If your symptoms aren't improving or are getting worse, your GP may prescribe antibiotics or corticosteroid spray or drops to see if they help.
- If your symptoms don't get better after trying these treatments, you may be referred to an ENT specialist for surgery to improve the drainage of your sinuses.

Sources:

- www.webmd.com
- www.hemsireyiz.biz
- www.nhs.uk
- www.nhsinform.scot

