

evidence based guidelines

STREPTOCOCCAL PHARYNGITIS

Assessment

Consider other causes of sore throat

Viral upper respiratory infection (~80% of acute pharyngitis cases)

A significant number of patients are asymptomatic carriers of Strep A, consider NOT TESTING for strep if only one (or no) Centor/M-Centor criteria are present:

- Age \leq 14yo (note: <3yo often have atypical presentations)
- Fever $>38^{\circ}\text{C}$ (100.4°F)
- Tonsillar exudates or swelling
- Tender/swollen anterior cervical lymph nodes
- Absence of cough

Infectious mononucleosis (can co-exist with Strep A)

Peritonsillar or retropharyngeal abscess

Treat with antibiotics only after a positive test

Begin with rapid antigen detection test (RADT)

Send throat culture if RADT is negative but risk for Strep A is high (per Centor/M-Centor criteria above)

*If species other than Group A is identified & patient is still symptomatic, treatment is warranted

Treatment

Pediatric

- Penicillin V (oral) two to three times daily x 10 days
250mg if $<27\text{kg}$
500mg if $\geq 27\text{kg}$
- Amoxicillin 50mg/kg (max 1000mg) daily x 10 days
- Benzathine Penicillin (IM) once
600,000 units if $<27\text{kg}$
1,200,000 units if $\geq 27\text{kg}$

If PCN allergic (mild):

- Cephalexin 20mg/kg (max 500mg) twice daily x 10 days
- Cefdinir 7mg/kg (max 300mg) twice daily x **5 days** (may extend to 10 days)

If PCN allergic (anaphylaxis):

- Clindamycin 7mg/kg (max 300mg) three times daily x 10 days
- Azithromycin 12mg/kg (max 500mg) day 1 then 6mg/kg (max 250mg) on days 2-5

Adult

- Penicillin V (oral) 500mg twice daily x 10 days
- Amoxicillin 1000mg daily (or 500mg twice daily) x 10 days
- Benzathine Penicillin (IM) 1,200,000 units once

If PCN allergic (mild):

- Cephalexin 500mg twice daily x 10 days
- Cefdinir 300mg twice daily x **5 days** (may extend to 10 days)

If PCN allergic (anaphylaxis):

- Clindamycin 300mg three times daily x 10 days
- Azithromycin 500mg on day 1 then 250mg on days 2-5

Re-evaluate if symptoms worsen or if there is no improvement after 24-48 hours of treatment.