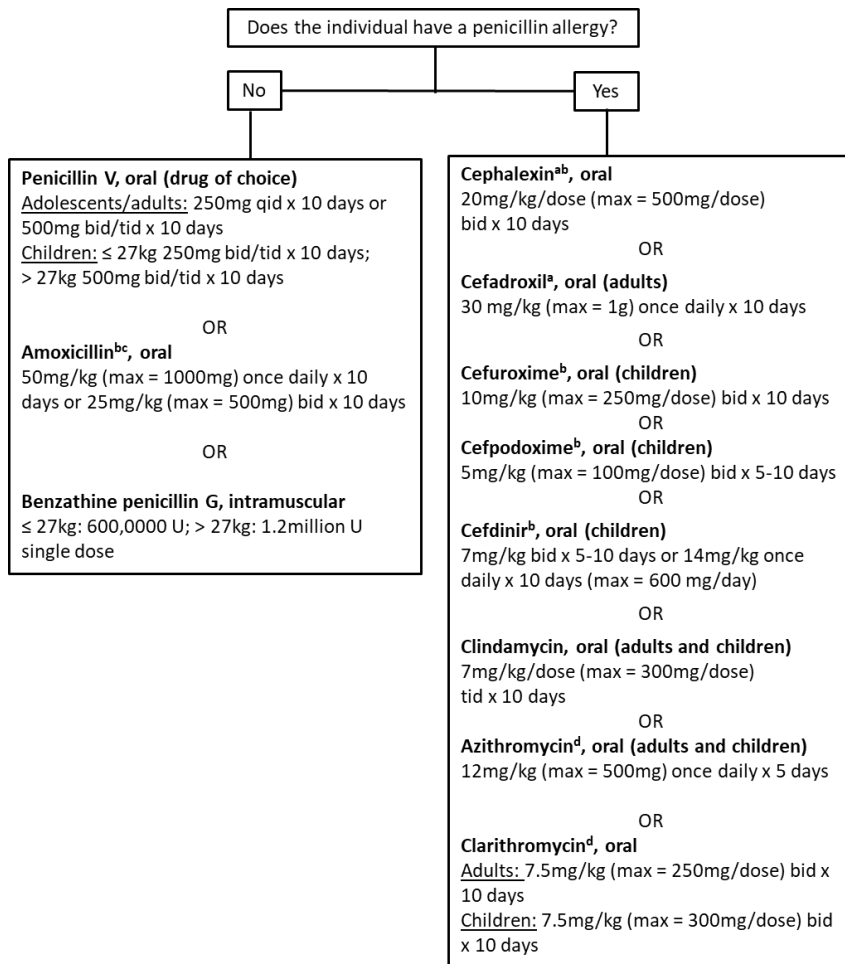


## Appropriate Prescribing Guidelines in the Outpatient Setting: Pharyngitis in Children and Adults

### TREATMENT<sup>2</sup>



<sup>a</sup>Avoid in individuals with immediate type hypersensitivity to penicillin.

<sup>b</sup>Dose alteration may be needed for renal insufficiency.

<sup>c</sup>Adherence is particularly important for once-daily dosing regimens

<sup>d</sup>Resistance of GAS to these agents is well-known and varies geographically and temporally.

Learn more about antibiotic stewardship practices and prescribing guidelines at <https://hip.phila.gov/HAIAR/IP-C>

### EPIDEMIOLOGY/ETIOLOGY<sup>1</sup>

- Most pharyngitis is viral, but *Streptococcus pyogenes* (Group A strep) is the most common bacterial cause
- *S. pyogenes* causes 20-30% of pharyngitis in children but only 5-15% of pharyngitis in adults

### DIAGNOSIS<sup>1,2</sup>

- Rapid antigen detection test (RADT) or throat culture (gold standard, not always indicated)
- If RADT is negative in children, recommend throat culture
  - Do not need culture if RADT is positive in children
  - Backup throat culture **NOT** recommended for adults
  - Do not treat colonized children w/o s/sx who have positive RADT/culture
- No recommended antibody testing
- Who should get tested?
  - Children ≥3 years of age w/ compatible s/sx
  - People w/ s/sx of *S. pyogenes* infections, **NOT** sx of viral infections
  - Asymptomatic people should **NOT** be tested due to prevalence of colonization
- Presence of cough is a *negative* indicator for Strep pharyngitis

### References:

1. Pharyngitis (strep throat): Information for clinicians. Centers for Disease Control and Prevention. <https://www.cdc.gov/groupastrep/diseases-hcp/strep-throat.html>. Published November 1, 2018.
2. Shulman ST, Bisno AL, Clegg HW, Gerber MA, Kaplan EL, Lee G, et al. Clinical practice guideline for the diagnosis and management of group A Streptococcal pharyngitis: 2012 update by the Infectious Diseases Society of America. *Clin Infect Dis*, Volume 55, Issue 10, 15 November 2012, Pages e86-e102. doi: <https://doi.org/10.1093/cid/cis629>