



STOP!

Tonsillitis is inflammation of the palatine tonsils as a result of either a **bacterial or viral infection**.

Tonsillitis often occurs with inflammation of other areas of the mouth, including **pharynx and adenoids**.

Patients can present with:

- Odynophagia
- Fever
- Reduced oral intake

On examination?

- ➔ Red inflamed tonsils (*may have white exudate spots*)
- ➔ Cervical lymphadenopathy

LOOK

Tonsillitis can be caused by bacteria or viruses; we can use the **Centor Criteria** to distinguish between the two.

Common causative organisms:

Viral?

- Adenovirus
- Epstein Barr Virus

Bacterial?

- Group A streptococcus (e.g. *Strep. Pyogenes*)

Smoking?

Either personal smoking (or *second-hand smoking*) can significantly increase the risk of tonsillitis.

LEARN

Management?

Analgesia (*oral or topical e.g. difflam*). Oral antibiotics if bacteria cause suspected (*IV if unwell*). Surgery: SIGN criteria.

Tonsillitis

(*Teach Me Paediatrics*)

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