

# **Lightning Learning:** Tonsillitis



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# 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**

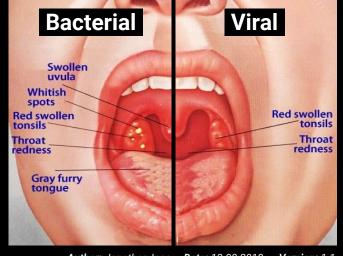
### **Management?**

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

#### **Tonsillitis**

(Teach Me Paediatrics)

http://bit.ly/2zfku0M



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