

BEST PRACTICE USE OF ANTIBIOTICS FOR SORE THROATS

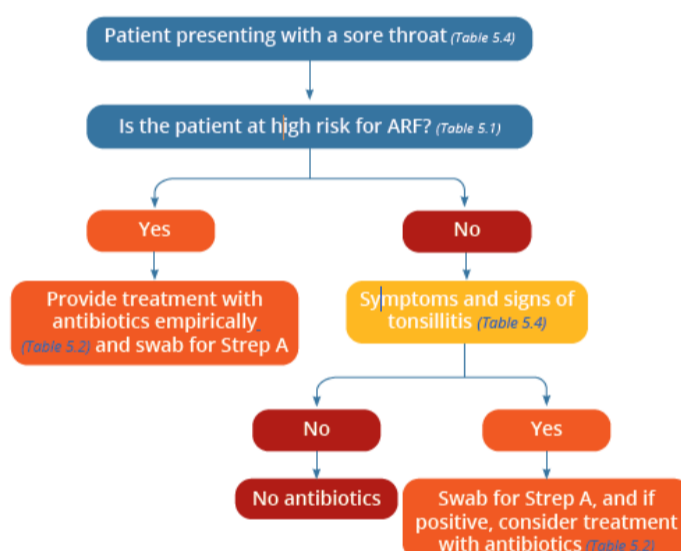
Primary prevention of ARF relies on all health staff being aware of the risk factors for ARF and providing treatment for all people with sore throats or skin sores who are at high risk of ARF

Who is at risk of ARF?

Risk groups for primary prevention of ARF

At high risk	<p>Living in an ARF-endemic setting (ARF/RHD rates known to be high)</p> <p>Aboriginal and/or Torres Strait Islander peoples living in rural or remote settings</p> <p>Aboriginal and/or Torres Strait Islander peoples, and Māori and/or Pacific Islander peoples living in metropolitan households affected by crowding and/or lower socioeconomic status</p> <p>Personal history of ARF/RHD and aged <40 years</p>
May be at high risk	<p>Family or household recent history of ARF/RHD</p> <p>Household overcrowding (>2 people /bedroom) or low socioeconomic status</p> <p>Migrant or refugee from low- or middle-income country and their children</p>
Additional considerations which increase risk	<p>Prior residence in a high ARF risk setting</p> <p>Frequent or recent travel to a high ARF risk setting</p> <p>Aged 5- 20 years (the peak years for ARF)</p>

Whose sore throats need antibiotic treatment?



What antibiotic should be used?

Table 5.1. Recommended antibiotic treatment for Strep A sore throat / tonsillitis

Antibiotic treatment indicated for proven Strep A infection, and for people at high risk of ARF presenting with sore throat

DRUG	DOSE	ROUTE	FREQUENCY
Benzathine benzylpenicillin (BPG)	<p>Child: Weight (kg) <10 10 to <20 ≥20</p> <p>Adult: ≥20</p>	<p>Dose in IU (mL)</p> <p>450,000 units (0.9 mL) 600,000 units (1.2 mL) 1,200,000 units (2.3 mL)</p> <p>1,200,000 units (2.3 mL)</p>	<p>Deep IM injection</p> <p>Once</p>
If IM injection not possible:			
Phenoxymethylpenicillin	<p>Child: 15 mg/kg up to 500 mg, bd</p> <p>Adult: 500 mg, bd</p>	Oral	For 10 days
For patients with documented hypersensitivity to penicillin e.g. rash			
Cefalexin	<p>Child: 25 mg/kg up to 1 g, bd</p> <p>Adult: 1 g, bd</p>	Oral	For 10 days
For patients anaphylactic to penicillin			
Azithromycin	<p>Child: 12 mg/kg up to 500 mg, daily</p> <p>Adult: 500 mg daily</p>	Oral	For 5 days