



Queensland  
Government

Royal Children's Hospital  
Brisbane

Clinics available in  
Children's Health  
Services:

**ENT**

**Consultant Clinics**

**Rhinorrhoea/nasal congestion**

Initial work-up	Pre-referral treatment	Refer when
<ul style="list-style-type: none"> <li>• Rule out allergic rhinitis</li> <li>• History of atopic dermatitis or a strong family history</li> <li>• Allergy testing if indicated</li> </ul>	<ul style="list-style-type: none"> <li>• Topical corticosteroid nasal sprays (e.g. beclomethasone or budesonide) for perennial and seasonal allergic rhinitis, as well as perennial non-allergic rhinitis. Long term use has not been shown to cause suppression of the hypothalamicpituitary- adrenal axis</li> <li>• In seasonal rhinitis – commence spray one month prior to the relevant pollen season and continue over the symptomatic period</li> <li>• Allergen avoidance measures i.e. animal hairs, dust</li> <li>• Antihistamines – not first line treatment. May be used for seasonal rhinitis. Second generation, non-sedating antihistaminics are well tolerated – loratidine and cetirizine.</li> <li>• Consider use of montelukast</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment by allergist if strong history of atopy</li> <li>• Assessment by otolaryngologist if adenoidal hyperplasia suspected</li> <li>• Bring any x-rays done</li> <li>• Documentation of clinical course and treatment and response to date</li> </ul>

Clinical Advice: Tel (07) 3636 3777 and ask for Paediatric ENT Registrar or A/H (07) 3636 9005 Emergency Department

Referral Form Download: [http://www.health.qld.gov.au/rch/professionals/gp\\_referrals.asp](http://www.health.qld.gov.au/rch/professionals/gp_referrals.asp)

Send Referrals to: Medical Objects Address – QHEALTH, ROYAL CHILDREN'S HOSPITAL Fax: (07) 3636 7811 Mail: Outpatients Department  
HealthLink Address - [qldrchld](http://qldrchld) Royal Children's Hospital  
Herston Rd, HERSTON 4029

See final page for references, copyright, disclaimer and further contact details

Provision of  
named referrals for  
all patients  
referred to the RCH  
will expedite  
patient access

## Paediatrics Pre-referral Guidelines – Otolaryngology



### Contact us

RCH Switchboard	(07) 3636 3777
<b>Emergency Department</b>	
<ul style="list-style-type: none"> <li>• GPs only (clinical advice) (07) 3636 9005</li> <li>• Triage nurse (07) 3636 7900</li> <li>• ED Admission enquiries (07) 3636 7055</li> </ul>	
Admission Enquiries	(07) 3636 8307
Admission Enquiries After Hours (via the RCH Main Switch)	(07) 3636 3449 Pager 42156
Poisons Information Centre	131 126
Seriously Unwell Child: RCH Emergency Department	(07) 3636 9005

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These guidelines were reviewed and developed by specialists at the Royal Children's Hospital and reviewed by a working group of metropolitan general practitioners in Queensland.

Feedback or suggestions welcomed. Contact the **Centre for Healthcare Excellence**: [CHS\\_CHE@health.qld.gov.au](mailto:CHS_CHE@health.qld.gov.au)

**Last reviewed:** June 2010

### References

Paediatric Handbook (2003)  
*Ear, Nose and Throat Conditions, Chapter 21 (pp312-324)*  
Robert Berkowitz and Michael Marks  
Seventh Edition, Blackwell Publishing  
By the staff of the Royal Children's Hospital, Melbourne, Australia

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**Provision of named referrals for all patients referred to the RCH will expedite patient access**

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