

Diagnosing the causes of facial pain (answers on page 42)

Part one

Anita, a 32-year-old woman in previously good health, has started to have bouts of facial pain. Along with the pain she often has a feeling that the inside of her nose feels stuffy, so much so that at times she cannot breathe through her left nostril and has some difficulty doing so with her right nostril. Your immediate thought is that she probably has rhinosinusitis, and you are considering giving her a nasal decongestant and a course of antibiotics.

- Q1 Do you think this decision is reasonable? What proportion of patients presenting with orofacial pain and nasal congestion have rhinosinusitis?
- (a) 80%
 - (b) 60%
 - (c) 40%
 - (d) 20%
 - (e) 10%

Part two

- Q2 You examine the nose and find a moderate degree of mucosal swelling, but no pus. The skin around the nose and the eyes is also slightly swollen and tender on pressure. There is no evidence of pus. More detailed questioning about the pain is that it is symmetrical and confined to the middle of the face, particularly the nose and eyes, and it is constant. Do you
- (a) Stick with the sinusitis diagnosis
 - (b) Tend towards the diagnosis of an unusual form of migraine
 - (c) Consider a neurological cause
 - (d) Think of the possibility of tension headache
 - (e) Diagnose the specific condition of midfacial segment pain.

Part three

- Q3 You feel that she doesn't need to be referred to a specialist medical, ENT or neurological clinic, and decide to treat her yourself. Which of the following do you decide to choose as her initial treatment?
- (a) Intranasal steroid spray with washouts
 - (b) Simple analgesia such as aspirin or ibuprofen
 - (c) Referral to her dentist to rule out a dental problem, perhaps a root infection.
 - (d) Consider a tryptan for an unusual form of migraine
 - (e) Start her on a small dose of amitriptyline.

Part four

- Q4 When you consider the whole spectrum of causes of orofacial pain, your clinical pathway involves the following steps – Is there nasal blockage with or without nasal discharge? If there is discharge, is it clear or purulent? Are there symptoms of soft tissue tenderness or swelling? Is the pain intermittent or constant? Is it bilateral or one sided? Which of the following are red flag symptoms that necessitate immediate referral to neurology?
- (a) Severe unilateral pain, particularly around one eye
 - (b) Short lived pain (around an hour) that comes in clusters through the day for weeks at a time
 - (c) The production of tears along with the pain
 - (d) Red conjunctiva
 - (e) Purulent nasal secretions

Quiz by Dr Tom Smith



Medicines
for Malaria Venture
and partners have
developed and delivered
new medicines for malaria
that have **saved the lives**
of more than
1.5 million
people

Join
the fight
to end
malaria

**Help us
build**
a healthy world
for all



Help Shape the Future of Africa

Left untreated, anemia in its most severe form can be fatal. Preschool age children and women, particularly pregnant women, are especially at risk and childhood anemia presents a major public health burden in many African countries. Untreated anemia may in fact have devastating effects on the prosperity of an entire society.

Let us make it easier for you to detect those at risk. By providing access to accurate anemia screening tools whether in hospital or in the field, you can protect those who will be shaping the future of Africa.

The robust HemoCue Hb 301 kit contains everything you need for convenient anemia testing. Being battery-operated and including microcuvettes adapted to demanding climates, it provides lab accuracy wherever you are.

To find out how a drop of blood in combination with HemoCue's point-of-care testing can make a difference, contact your HemoCue representative or email info@hemocue.se



Hemoglobin

HbA1c

Glucose

Urine Albumin

WBC / WBC DIFF

HemoCue is part of the Radiometer Group and has been a leader in point-of-care medical diagnostics for over 30 years. We specialize in giving healthcare providers lab-quality accuracy with results comparable to that of a clinical lab. Visit hemocue.com

 **HEMOCUE**[®]