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Article related to: H&P #3: Management of Acute sinusitis

Title: Intranasal Corticosteroids in Management of Acute Sinusitis: A Systematic Review and Meta-Analysis

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3354974/pdf/0100241.pdf>

This article aims to assess the effectiveness of intranasal corticosteroids for symptom relief in patients with acute sinusitis in an outpatient setting. Intranasal corticosteroids have anti-inflammatory effects that may help reduce sinus congestion and facilitate drainage. The article includes a systematic review of studies found on MEDLINE, EMBASE, and the Cochrane Central, comparing intranasal corticosteroids with a placebo in children and adults. Six studies in total were included, involving 2,495 patients from the US (4 studies), Turkey (1 study), and the UK (1 study). The corticosteroids used were budesonide, fluticasone propionate, and mometasone furoate. In five out of the six studies, patients were also prescribed antibiotics along with intranasal corticosteroids.

Key results from article:

- Intranasal corticosteroids led to a small but significant improvement in symptoms between days 14 to 21 (8% more improvement compared to placebo).
- This effect is most marked when patients are given longer durations of treatment (21 days) and higher doses of the medication.
- Compared to placebo, the patients who used intranasal corticosteroids along with the antibiotics, significant benefits were seen in reducing facial pain and congestion.
- There were no significant differences in the overall rate of adverse events between patients taking intranasal corticosteroids (299/1,299 patients, or 23%) and those taking a placebo (181/797 patients, also 23%).
- One study showed better work performance in patients using corticosteroids, but no difference in work attendance or quality of life.

Conclusion:

Intranasal corticosteroids can provide some help in treating acute sinusitis. When patients have symptoms like facial pain and congestion lasting for at least 10 days, I would prescribe intranasal corticosteroids. From this article we can conclude that it is a good addition to antibiotics. This benefit might be more noticeable when higher doses are used and the treatment lasts for about 21 days.