

M-CENTOR score for strep pharyngitis

MUST be ≥ 3 years old	
C ough absent	+1
E xudates/swelling present	+1
N odes palpable (anterior cervical)	+1
T emperature $>38^{\circ}\text{C}$	+1
O ften <15 years old	+1
R arely >45 years old	-1



Score ≤ 1 (Risk of strep 1-10%) No further testing or antibiotics	Score 2-3 (Risk of strep 11-35%) Throat culture/rapid antigen test recommended	Score ≥ 4 (Risk of strep is 51-53%) Perform swab/rapid test. Consider empiric therapy
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*Recommended by Choosing Wisely Canada and the Canadian Pediatric Society.

PODS criteria for acute bacterial rhinosinusitis

Facial **P**ain, **P**ressure or fullness
Nasal **O**bstruction
Nasal purulence or discoloured **D**ischarge
Hyposmia/anosmia (**S**mell)



Obstruction or Discharge plus ≥ 1 other PODS symptom must be present for **≥ 7 days** without improvement for the diagnosis of acute bacterial rhinosinusitis.

Refer to **Bugs & Drugs** for guidance on management of these infections and more!

