**ENT – Nasal Blockage**

**Patient Pathway (Adults)**

**Patient Presentation**

Long term nasal blockage / discharge with or without facial pain

Bilateral nasal symptoms

**GP or Practice Nurse**

Assessment.
Possible diagnoses:
- Chronic rhinitis (e.g., allergic rhinitis or intrinsic rhinitis)
- Chronic sinusitis
- Nasal polyps
- Nasal tumour

**ENT Department**

Refer indicating:
- Smoking habit
- Nasal bleeding
- Ipsilateral Facial pain

**GP**

Initial Management:
Start treatment with topical nasal steroid sprays and / or oral / inhaled antihistamine (10 weeks)
Give advice regarding nasal spray/drop technique

Symptoms persist

Symptoms resolve

Continue initial treatment long term

Symptoms persist

**General notes**

If symptoms are of an allergic origin then RAST testing can be performed, some ENT departments perform skin prick testing

1. Provide the patient with allergen avoidance advice
2. Impress the need for compliance with medication
3. Give advice regarding nasal spray/drop technique

Refer indicating:
1. Patient history
2. Symptoms
3. Drugs tried and durations

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