Appendix 1: Choosing Wisely Guidelines Canada for Antibiotic Prescribing by URTI and Related Conditions

<table>
<thead>
<tr>
<th>URTI Condition</th>
<th>Definition</th>
<th>Recommendation</th>
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<td>The Common Cold (Upper respiratory infection)</td>
<td>The common cold refers to a mild upper respiratory viral illness that is distinct from illnesses like influenza, pharyngitis, acute sinusitis, acute bronchitis, allergic rhinitis, and pertussis. [1]</td>
<td>Do not prescribe antibiotics unless there is clear evidence of a secondary bacterial infection (see otitis media, pharyngitis, sinusitis, pneumonia recommendations).</td>
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<td>Pharyngitis</td>
<td>Pharyngitis is commonly known as a sore throat and refers to the inflammation of the pharynx (the back of the throat;[2]).</td>
<td>Do not prescribe antibiotics unless the patient’s modified centor score is &gt;2 and a throat swab culture (or rapid antigen test) demonstrates the presence of Group A Streptococcus.</td>
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| Sinusitis                                    | Sinusitis refers to the inflammation of the nasal cavity and paranasal sinuses.[3]                                                                                                                                                                           | Do not prescribe antibiotics unless symptoms have persisted for greater than 7-10 days without improvement. Antibiotics should only be considered if patients:  
1. Have at least 2 of the following: pain, nasal obstruction, discharge or hyposmia/anosmia, with one of those being nasal obstruction or discharge  
2. Meet one of the following criteria:  
   a. The symptoms are severe  
   b. The symptoms are mild to moderate if there is no response after a 72 hour trial with nasal corticosteroids.                                                                                   |
| Otitis Media                                | Otitis media refers to infection of the middle ear fluid and inflammation of the mucosa lining the middle ear space.[4]                                                                                           | Do not prescribe antibiotics in vaccinated children six months or older and adults unless they present with a perforated tympanic membrane with purulent discharge or a bulging tympanic membrane with one of the following three criteria:  
1. Fever (≥39°C)  
2. Moderately or severely ill  
Significant symptoms lasting > 48 days.                                                                                                                                         |
Bronchitis is a respiratory tract infection of the large airways. [5] Never prescribe antibiotics.


4. Limb C, Lustig L, Durand M. Acute otitis media in adults [Internet]. Up to Date; 2022. Available from: https://www.uptodate.com/contents/acute-otitis-media-in-adults?search=Uncomplicated%20Otitis%20Media&source=search_result&selectedTitle=1~150&usage_type=default&display_rank=1

5. File T. Acute bronchitis in adults [Internet]. Up to Date; 2022 May. Available from: https://www.uptodate.com/contents/acute-bronchitis-in-adults?search=bronchitis&source=search_result&selectedTitle=1~150&usage_type=default&display_rank=1