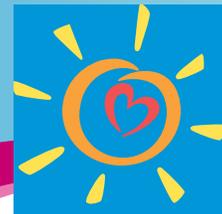


HEDIS Tip Sheet:

Appropriate Treatment for Children with Upper Respiratory Infection

Treatment Setting: ED/Urgent Care



L.A. Care
HEALTH PLAN®

HEDIS® (Healthcare Effectiveness Data and Information Set) is a standardized set of performance measurements developed by the National Committee for Quality Assurance (NCQA) for measuring quality health care performance.

As a part of L.A. Care's initiative to improve quality of care for our members, this HEDIS® reference guide is designed to help achieve the best quality care, in alignment with the HEDIS® standards as well as with evidence-based clinical practice guidelines.

For children 3 months to 18 years of age, an upper respiratory infection (URI) is one of the most common illnesses, leading to frequent doctor visits and visits to the emergency room. URI is a viral infection that usually lasts 5 – 7 days and can go away with *symptomatic treatment* as outlined below. *Antibiotics are not recommended* in the treatment of URI and can cause adverse drug events and antibiotic resistance in children.

WHAT CAN THE DOCTOR DO?

- ▶ Avoid treating viral syndromes with antibiotics, even if they are requested.
- ▶ Do not prescribe low-dose inhaled corticosteroids and oral prednisolone for non-asthmatic children as they do not improve outcomes.
- ▶ Recommend plenty of rest and suggest the use of a cool-mist humidifier.
- ▶ Encourage lots of fluids to keep the lining of the nose and throat moist and to keep the child hydrated.
- ▶ For a sore throat recommend gargling with salt water, by adding ½ teaspoon salt in 1 cup warm water.
- ▶ For younger children, consider saline nose drops or use of a bulb syringe to remove the mucus.
- ▶ Prescribe Acetaminophen and NSAIDs to decrease pain and fever.
- ▶ Do not give Aspirin to a child with a fever. Aspirin, when given for a viral illness, has been associated with Reye's syndrome, a potentially deadly disorder in children.
- ▶ For quick access to the L.A. Care Appropriate Use of Antibiotics Toolkit, developed by California Medical Association (CMA), go to: <http://www.lacare.org/providers/provider-resources/provider-tool-kits>
- ▶ To access or download a copy of this reference guide and other reference materials, please visit: <http://www.lacare.org/providers/provider-resources/hedis-resources>.



The HEDIS Operations team is here to support quality patient care and ensure the care you provide members is reflected in your HEDIS performance. Send any email inquiries our way, along with the best time/day and phone number to reach you. We will reach out to you within 3 business days. HEDISOps@lacare.org - All emails containing member PHI MUST be securely encrypted.