

## Checklist for Sinus Congestion and Pressure

The student asks the following questions:

- Where is the pressure located (localize what sinus is involved)?
- How severe is the discomfort? Does the pressure increase with bending

*Note: (pressure typically increases with sinusitis)?*

- How long have you had these symptoms?
- Do you have nasal discharge? If so, what is the amount, consistency, and color

*Note: (purulent, yellow may indicate sinusitis; clear may indicate allergic rhinitis)?*

- Have you had an upper respiratory infection, dental abscess, or have you used nasal sprays recently

*Note: (predisposing factors to sinusitis)?*

- Do you have a toothache, fever, fatigue, headaches, or puffiness around the eyes or on the forehead?
- Do you have a history of allergies, asthma, immunodeficiency, diabetes, or leukemia?
- Do you smoke or use recreational drugs

*Note: (snorting cocaine may damage the nasal mucosa and septum)?*