## Sore throat pathway

### Clinical support tool for remote clinical assessment

<table>
<thead>
<tr>
<th>Clinical findings</th>
<th>Green – low risk</th>
<th>Amber – intermediate risk</th>
<th>Red – high risk</th>
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</thead>
</table>
| **Colour**  
**Activity** | • Normal colour of skin, lips and tongue  
• Responds normally to social cues  
• Content/smiles  
• Stays awake or wakens quickly  
• Strong normal cry / not crying | • Pallor  
• Reduced response to social cues  
• Wakes only after prolonged stimulation  
• Infant (under 1 year) not feeding | • Blue or grey colour  
• Unable to rouse or if roused does not stay awake  
• Clinician concerns about nature of cry in infant (Weak, high pitched or continuous) |
| **Respiratory** | • None of amber or red symptoms | • RR 50-60 breaths/min if aged <12 months  
• RR 40-50 breaths/min if age 1-5 years  
• RR 25-30 breaths/min if age 6 -11 years  
• RR 20-25 breaths/min if age ≥12 years  
| Mild/moderate respiratory distress | • Grunting or severe respiratory distress  
• RR >60 breaths/min if aged <12 months  
• RR >50 breaths/min if age 1-5 years  
• RR >50 breaths/min if age 6 -11 years  
• RR >25 breaths/min if age ≥12 years |
| **Circulation / hydration** | • None of amber or red symptoms | • Cold hands and feet in absence of fever  
• Reduced urine output  
• Not tolerating fluids  
• Unable to swallow saliva |  |
| **Other** | • None of amber or red symptoms  
• Associated with runny nose/cough with other family | • Difficulty opening mouth  
• Absence of cough/coryza  
• Age 3-6 months with temp ≥39° (102.2°F) with no clear focus of infection  
• Fever for ≥ 5 days  
• Additional parental/carer support required  
• Lower threshold for face to face review if significant chronic co-morbidities  
• Symptoms for >72 hours and getting worse | • Age 0-3 months with temp ≥38° (100.4°F) |

### Actions

**Green Action**
- Provide sore throat safety netting advice
- Confirm they are comfortable with the decisions/advice given
- Always consider safeguarding issues

**Amber Action**
- For face to face review (consider if video consultation is appropriate).

**Red Action**
- Refer immediately to emergency care – consider whether 999 transfer or parent/taxi most appropriate based on clinical acuity etc.