# 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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<tbody>
<tr>
<td><strong>Colour</strong></td>
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| **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 >30 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) |

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

**Amber Action**
- Consider video consultation and/or refer to primary care service for review

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