

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

URTI Condition	Definition	Recommendation
The Common Cold (Upper respiratory infection)	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]	Do not prescribe antibiotics unless there is clear evidence of a secondary bacterial infection (see otitis media, pharyngitis, sinusitis, pneumonia recommendations).
Pharyngitis	Pharyngitis is commonly known as a sore throat and refers to the inflammation of the pharynx (the back of the throat;[2]).	Do not prescribe antibiotics unless the patient's modified centor score is >2 and a throat swab culture (or rapid antigen test) demonstrates the presence of Group A Streptococcus.
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: <ol style="list-style-type: none"> <li>1. Have at least 2 of the following: pain, nasal obstruction, discharge or hyposmia/anosmia, with one of those being nasal obstruction or discharge</li> <li>2. Meet one of the following criteria: <ol style="list-style-type: none"> <li>a. The symptoms are severe</li> <li>b. The symptoms are mild to moderate if there is no response after a 72 hour trial with nasal corticosteroids.</li> </ol> </li> </ol>
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: <ol style="list-style-type: none"> <li>1. Fever (<math>\geq 39^{\circ}\text{C}</math>)</li> <li>2. Moderately or severely ill</li> </ol> Significant symptoms lasting > 48

		hours
Bronchitis	Bronchitis is a respiratory tract infection of the large airways. [5]	Never prescribe antibiotics.

1. Sexton D, McClain M. The common cold in adults: Diagnosis and clinical features. [Internet]. Up to Date; 2021. Available from: [https://www.uptodate.com/contents/the-common-cold-in-adults-diagnosis-and-clinical-features?search=upper%20respiratory%20infection&topicRef=6868&source=see\\_link](https://www.uptodate.com/contents/the-common-cold-in-adults-diagnosis-and-clinical-features?search=upper%20respiratory%20infection&topicRef=6868&source=see_link)
2. Chow A, Doron S. Evaluation of acute pharyngitis in adults [Internet]. Up to Date; 2020. Available from: [https://www.uptodate.com/contents/evaluation-of-acute-pharyngitis-in-adults?search=pharyngitis&source=search\\_result&selectedTitle=1~150&usage\\_type=default&display\\_rank=1](https://www.uptodate.com/contents/evaluation-of-acute-pharyngitis-in-adults?search=pharyngitis&source=search_result&selectedTitle=1~150&usage_type=default&display_rank=1)
3. Patel Z, Hwang P. Uncomplicated acute sinusitis and rhinosinusitis in adults: Treatment [Internet]. Up to Date; 2021. Available from: [https://www.uptodate.com/contents/uncomplicated-acute-sinusitis-and-rhinosinusitis-in-adults-treatment?search=Sinusitis&source=search\\_result&selectedTitle=1~150&usage\\_type=default&display\\_rank=1](https://www.uptodate.com/contents/uncomplicated-acute-sinusitis-and-rhinosinusitis-in-adults-treatment?search=Sinusitis&source=search_result&selectedTitle=1~150&usage_type=default&display_rank=1)
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](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](https://www.uptodate.com/contents/acute-bronchitis-in-adults?search=bronchitis&source=search_result&selectedTitle=1~150&usage_type=default&display_rank=1)