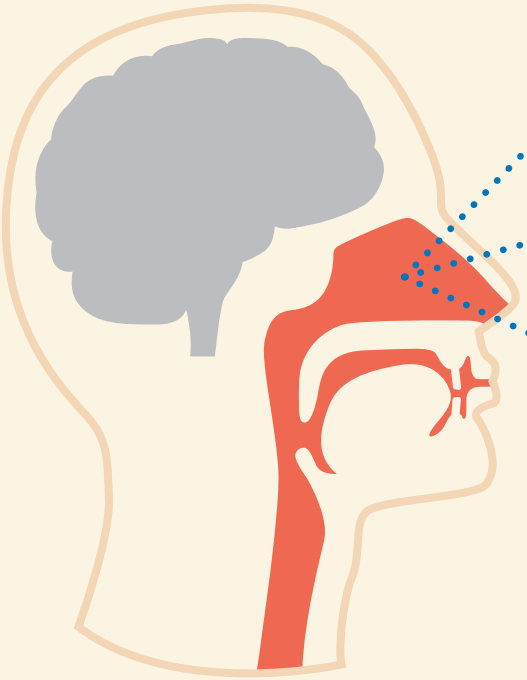
MANAGEMENT OF CHRONIC RHINOSINUSITIS WITH NASAL POLYPS

PATIENTS WITH NASAL POLYPS

Assess disease burden



Polyps in one nasal passage +/- epistaxis or visual change → Provide an urgent referral to ENT

Polyps in both nasal passages and mild symptoms → Administer intranasal glucocorticoid spray and saline irrigation; encourage adherence to therapy

Polyps in both nasal passages and moderate to severe symptoms → Particularly important group to assess for possible aspirin exacerbated respiratory disease

Administer intranasal glucocorticoid and saline irrigation; consider oral glucocorticoids

Improved symptom burden

- **Continue intranasal glucocorticoid spray and saline irrigations**
- **Encourage adherence to therapy**

Poor or short-lived response

Sinus CT scan to delineate extent of nasal polyps → Consider a personalized approach for persistent moderate-to-severe symptoms

Treatment options include:

- **Endoscopic sinus surgery**
- **Trial of biologic agent (dupilumab or omalizumab)**
- **Reserve repeated systemic glucocorticoids when possible given side effects**
- **Continue topical/intranasal glucocorticoids**

Adapted from: Hopkins C. Chronic Rhinosinusitis With Nasal Polyps N Engl J Med 2019; 381: 55-63.

Orlandi RR, et al. International Consensus Statement on Rhinology and Allergy: Rhinosinusitis. Int Forum Allergy Rhinol. 2020 Nov 24. doi: 10.1002/alr.22741. Epub ahead of print. PMID: 33236525.

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