

## Humboldt County Referral Form – Specialty Guidelines

### St Joseph Health Medical Group Ear, Nose & Throat – Eureka – Dr Lennard + Locums

- **Please ask your patient to contact us within 5-10 business days after sending the referral, to schedule their appointment.**
- **If this is an urgent referral, and the patient needs to be seen in less than one week, please have the referring provider call our on call physician directly as well as sending the referral by fax.**
- **Referrals received without the appropriate documentation/testing will returned with a request for additional information.**

Reason for Referral (Clinical Question)	REQUIRED Clinical & Documentation	REQUIRED Additional Clinical Testing & Documentation
<b>EAR</b>		
<b>Cerumen Impaction</b>	Patients should avoid using Q-tips in the ear canal. You may refer patients who failed OTC kits and office lavage, or have had prior surgery or a tympanic membrane perforation.	
<b>Exotoses/Surfer’s Ear</b>	Refer if patients are having hearing loss, water trapping, or recurring infections.	
<b>Hearing Loss</b>	Try to clean the ear canals of cerumen. Request an audiogram and tympanogram with the referral if not done.	Audiogram & tympanogram from an Audiologist
<b>Otitis Externa</b>	If patients fail topical therapy, please perform a culture, at least 48 hours off of topical therapy screening for bacteria, yeast and fungus and then use culture directed therapy. Refer for significant persistent otalgia, hearing loss, inability of topical therapy to penetrate the ear canal and/or clean the canal adequately, and complications of facial cellulitis and facial paralysis.	
<b>Otitis Media, Recurrent</b>	Children with 4+ ear infections/year or w/ persistent fluid & hearing loss lasting 6 months in one ear & 3 months in both ears, and/or speech & language delay may be referred. Children less than 6 years of age, consider audiometrics w/ audiology. Older children can have hearing testing in our office at the time of their appt..	Audiogram & tympanogram from an Audiologist
<b>Sudden Sensorineural Hearing Loss</b>	These patients may benefit from 60mg of prednisone P.O. for 2 weeks. <b>***Speak to our on call physician to expedite the referral or send referral directly to our clinic &amp; specify “Sudden Sensorineural Hearing Loss” and mark referral as URGENT.</b>	Audiogram & tympanogram - for this condition <u>only</u> can be performed at our clinic on a case by case basis.

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<b>Tinnitus</b>	This is often due to an underlying high frequency hearing loss. Request an audiogram and tympanogram with the referral if not done	Audiogram & tympanogram from an Audiologist
<b>Vertigo</b>	Check for Benign positional vertigo with the Dix-Halpike Maneuver. Request an audiogram and tympanogram with the referral if one not done.	Audiogram & tympanogram from an Audiologist
<b>NOSE</b>		
<b>Allergic Rhinitis</b>	Patients need to be tried on allergy medicines in the form of nasal steroids, antihistamines, and Singulair separately or in combination for at least six weeks.	
<b>Chronic Sinusitis</b>	For adults failing medical management of sinusitis lasting greater than 12 weeks or recurring at least 4 times per year, if able to obtain insurance authorization and not pregnant, order a sinus CT without contrast and if abnormal place a referral	Sinus CT without contrast
<b>Nasal Deformity</b>	Please refer patients who would like to change the appearance of their nose. (Dr Barkdull)	
<b>Nasal Fracture</b>	Nasal X-rays are not necessary. Place an urgent referral now for the patient to be seen 7-10 days after the injury. (3-5 days for Dr Lennard)	
<b>Nasal Mass</b>	For patients with a suspected significant sized intranasal mass, tumor or polyps, if able to obtain insurance approval and not pregnant order a sinus CT without contrast and if abnormal, place a referral	Sinus CT without contrast
<b>Nasal Obstruction</b>	Patients who have nasal obstruction despite medical treatment, either due to a deviated septum, severe allergies or hypertrophic turbinates.	
<b>THROAT</b>		
<b>Dysphagia</b>	Consider PPIs for reflux.	Modified Barium Swallow
<b>Hoarseness</b>	Please refer for hoarseness lasting greater than 1 month in duration	
<b>Tonsil and Adenoid Hypertrophy</b>	Refer patients who are symptomatic, including snoring & sleep apnea, mouth breathing or recurring ear infections	Sleep study if age 7 or older

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<b>Tonsillitis, Recurrent</b>	Please refer to consider surgery with 7 or more infections in 1 year, or more than 5 per year in the past 2 years or 3 each year for 3 years, or with a peritonsillar abscess.	Each episode must be documented by <u>provider</u> in the chart note. Episodes cannot be self-reported by patient.
<b>Vocal Cord Paralysis</b>	Please refer patients for additional diagnostic workup and surgical treatment.	
<b>OTHER</b>		
<b>Dermatochalasis</b>	Please refer patients who are bothered by excessive eyelid skin. (Dr Barkdull)	
<b>Hyperparathyroidism</b>	Order a serum Calcium and parathyroid hormone and refer if both are elevated. Consider a sestamibi Tc99 scan and parathyroid ultrasound to expedite their care	
<b>Neck Masses</b>	If not short term inflammatory problem that could respond to antibiotics. consider an ultrasound for children and a neck CT with contrast for adults who are not pregnant and be able to obtain insurance authorization, then refer if abnormal.	Ultrasound for Children or Neck CT w/ Contrast for Adults who are not pregnant & able to obtain insurance authorization, then refer if abnormal.
<b>Oral Cancer</b>	Lesions or ulcerations present for more than 2 weeks	
<b>Salivary Gland Disease</b>	Refer patients with salivary stones that fail to pass with conservative measures.	
<b>Salivary Gland Masses</b>	If not presenting as a short term inflammatory condition that could respond to antibiotics.	CT or MRI with contrast if not pregnant and can obtain insurance authorization.
<b>Skin Cancer</b>	Consider a punch biopsy for pigmented lesions and a shave biopsy for non-pigmented lesions if visually the type of tumor is not obvious.	
<b>Snoring &amp; Apnea</b>	Refer for surgical management for snoring and mild apnea if CPAP not tolerated. If significantly hypertrophic tonsils are present, then surgery may also help more severe apnea.	Sleep Study
<b>Thyroid Nodules</b>	Order thyroid ultrasound. Refer nodules greater than 4cm, 1cm or greater with abnormal FNA results, and patients with FNA positive for thyroid cancer.	Thyroid Ultrasound