

SNAPPS WRITTEN ASSIGNMENT

What is the self-directed learning issue that was identified in your oral presentation?

Current evidence on clinical prediction rules, Centor/McIsaac criteria for diagnosis and management of acute pharyngitis in adults versus children.

Research the self-directed learning issue and provide a summary of your findings, which is fully supported by appropriate, scholarly, EBM references.

Streptococcal pharyngitis, commonly termed strep throat, is a frequent cause of acute sore throat, particularly in children and adolescents, with Group A β -hemolytic Streptococcus (GAS) identified as the most prevalent bacterial pathogen responsible for this condition (Harberger S; Graber M, 2023). Classical symptoms of strep throat include sudden onset of throat pain, fever, painful swallowing, and absence of cough or rhinorrhea—features that help distinguish it clinically from viral pharyngitis. Physical examination frequently reveals pharyngeal erythema, tonsillar hypertrophy and exudates, tender anterior cervical lymphadenopathy, and sometimes palatal petechiae (Mustafa & Ghaffari, 2020).

Despite the classic presentation, research has shown that clinical features alone are insufficient to reliably diagnose or exclude GAS pharyngitis, prompting the use of clinical scoring systems, such as Centor or McIsaac criteria, as guides to testing and treatment. Different guidelines have different recommended thresholds. To determine the McIsaac and Centor scores' sensitivity and specificity for diagnosing GAS pharyngitis and assess how they affect the prescription of antibiotics at each threshold in patients who come to secondary care (Kanagasabai et al., 2024). These scoring systems factor in symptoms and signs including fever, anterior cervical lymphadenitis, tonsillar exudates, and absence of cough, but ultimately recommend laboratory confirmation via rapid antigen detection test (RADT) or throat culture for definitive diagnosis. Rapid antigen tests offer high specificity but moderate sensitivity, and