

## WESTWOOD-MANSFIELD PEDIATRIC ASSOCIATES, P.C.

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Dear W/M Pediatric Parents,

In an effort to be “PROACTIVE IN YOUR CHILD’S CARE” and improve parent and child satisfaction (and reduce your copays), we would like to introduce our new STREP EDUCATION PROGRAM. Just as pregnancy tests can be performed at home, so can rapid strep tests.

Over a year’s time 75% of the strep tests performed are negative. Recent surveys have showed us parents’ concerns about wait times on the telephone and in the office- especially during winter months.

Enclosed is an individual packet with instructions on how to perform the test. The stiff card we suggest you put on your refrigerator. One test is given to each family who has children between 6-12 yo in our Westwood office. If additional tests are required you can purchase one in our office for \$8.00. **This program is strictly optional.** Though we truly feel it will lead to better parent and child satisfaction as long as the test is not overused. (Please read the additional material in the packet) Any questions not answered by the enclosed information, please give us a call.

Sincerely,  
W/M Pediatrics  
“Proactive in Your child’s Care”

**PLEASE REMEMBER THAT IF A CHILD’S TEST IS POSITIVE THEY MUST COME IN. WE WILL NOT GIVE ANTIBIOTICS OVER THE PHONE. THE INTENT IS SO YOU DON’T HAVE TO COME IN IF IT IS NEGATIVE AND YOUR CHILD IS BETTER WITHIN 24-48 HOURS**

### WESTWOOD OFFICE

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### MANSFIELD OFFICE

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Questions and answers about strep throat

**DID YOU KNOW ONLY 15-30% OF KIDS WHO GO TO THE DOCTOR'S OFFICE FOR STREP ACTUALLY HAVE STREP?**

- 1) What is strep?" Strep" is often referred to as the cause of strep throat but the true bacteria which causes strep throat or tonsillitis is called Streptococcus pyogenes or Group A streptococcus.
- 2) Why do we treat strep throat? The major reasons are for more rapid pain relief and to reduce contagiousness so a child can return to school (most strep throat occurs after age 2 years and before age 16). On rare occasions (which has not occurred in 20 years at Westwood/Mansfield Pediatrics) rheumatic fever (RF) which can affect the heart, joints and the central nervous system. Usually there is a family history of RF. The cardiologists and rheumatologists at Children's only see 3-4 cases per year of RF. RF requires 10 days of symptoms. Toxic Shock syndrome occurs 1 in 100,000 people and usually in adults in their 20's and 30's.
- 3) What is scarlet fever? This is a rash caused by the strep bacteria which can feel like sandpaper and look fiery red in the groin area. It can make a child's tongue look strawberry like. Grandparents often confuse it with Rheumatic Fever. Scarlet Fever is simply treated with antibiotics.
- 4) What are the signs and symptom of strep? **PAIN ON SWALLOWING- NOT just a complaint of a sore throat.** Fever, pain on swallowing, tender glands in the neck, beefy red tonsils with red dots on the soft palate. **White material on the tonsils alone is not very sensitive of strep.**  
**It is rare for strep to have a cold or a cough associated with it. Often when kids cough for extended periods of time they complain of a sore throat BUT IT IS NOT PAINFUL TO SWALLOW. In these cases it is not necessary to do a strep test.**

**Occasionally strep presents as just vomiting with fever and looking ill. On occasion it can initially present as stomachache with fever.**

**Classic Strep**

- 1) **Fever**
- 2) **Pain on swallowing**
- 3) **A beefy red throat as noted with a WHITE BEAM FLASHLIGHT**
- 4) **Red spots on the soft palate**
- 5) **White spots on the tonsils(LEAST SENSITIVE FOR STREP)**

**Other causes of pain on swallowing mono, hand-foot and mouth, chronic tonsillitis, GERD, occasional other bacteria (Grp C and G strep- usually in children 12 and older), postnasal drip and allergies.**

- 5) If my child is a carrier of strep can they get rheumatic fever? NO- reviewing data from the World Health Organization shows there is no correlation. Did you know that up to 10% in a high school class may be carrying strep with no symptoms?
- 6) Teenagers with a lot of recurrent sore throats may have recurrent Group C, or G strep which at times requires tonsils to be removed.
- 7) When do you remove tonsils? Kids have to have 4-5 strep throats in a year or 3 streps 2 years in a row to consider tonsillectomy- assuming no sleep apnea.

#### **IF THE TEST IS NEGATIVE**

If the test is negative it can mean several things

- 1) There is no strep
- 2) The test was done too early
- 3) There is something else going on
- 4) Your child fought you and you did not get an adequate specimen.

**If the test is borderline and you are not sure- consider repeating in 12-24hours.**

**If your child is not better within 48 hrs then call the office for an appointment even if the test is negative.**

**You can call the office to obtain addition tests. The cost is \$8.00 per test.**

# HOW TO DO THE STREP TEST

(PLEASE POST ON REFRIGERATOR)

## SWABBING THE THROAT

This is the most challenging part and may be the reason that a parent chooses not to do the test- especially if they have an anxious child.

Steps:

1. Position your child in such a way the he/she is at eye level with you. Such as having your child sit on a high stool like a bar stool ( as long as they are cooperative) or sitting on coach and you get on your knees.
2. Open the packets and take out the cotton tipped swab.
3. Tell your child to sit on his/her hands and open their mouth and say **AHHH loudly** - quickly and gently place the swab into the back of the throat and rotate 3 quick times brushing up against the tonsils. Usual when you withdraw your child will gag.

**THE NEXT STEPS - processing the swab and reading the results-  
TURN OVER FOR THESE INSTRUCTIONS**

**IF YOUR CHILD HAS A SORE THROAT,  
BUT DOES NOT COMPLAIN OF PAIN  
ON SWALLOWING, WE URGE YOU  
NOT TO TEST THEM.  
CALL IF SYMPTOMS PERSIST  
BEYOND 48-72 HOURS.**

**NEVER SWAB A CHILD THAT HAS  
NO SYMPTOMS.** ( OR WHO HAS STREP IN THE PAST 14 DAYS or  
COMPLAINS OF A SORE THROAT AND IT DOESN'T HURT TO SWALLOW.)

**W/M PEDS- "Proactive in your child's care!"**

**DO A STREP TEST:** If the temperature is greater than 101.5 **AND** it hurts to swallow.

**WAIT 48 HOURS:** If your child complains of a sore throat and the temperature is less than 101.5.

Do not forget to check the expiration date.

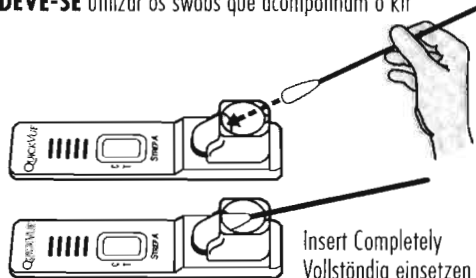
# QUICKVUE<sup>®</sup>

In-Line<sup>®</sup> Strep A test

**PROCEDURE CARD**  
Anleitungskarte  
Scheda di procedura  
Fiche de procédure  
Tarjeta de Procedimientos  
Cartão para procedimento

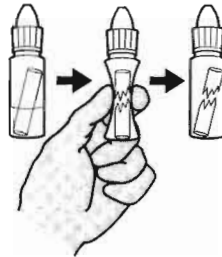
**1**

**MUST** use the swabs provided in the kit  
**NUR** die im Kit mitgelieferten Tupfer dürfen verwendet werden  
**SI DEVONO** usare i tamponi forniti nel kit  
**IL EST IMPÉRATIF** d'utiliser les écouvillons fournis dans le coffret  
Utilize **ÚNICAMENTE** las torundas suministradas en el kit  
**DEVE-SE** utilizar os swabs que acompanham o kit



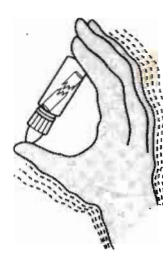
Insert Completely  
Vollständig einsetzen  
Inserire a fondo  
Insérer complètement  
Introdúzcala completamente  
Introduzir Completamente

**2**



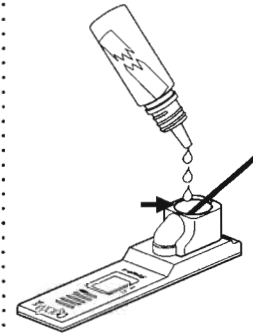
Squeeze **ONCE** to break.  
**EINMAL** drücken, um die Ampulle zu zerbrechen.  
Schiacciare **UNA VOLTA** per frantumare.  
Casser en exerçant **UNE SEULE** pression.  
Apretar **UNA VEZ** para romper.  
Comprima **UMA VEZ** para romper.

**3**

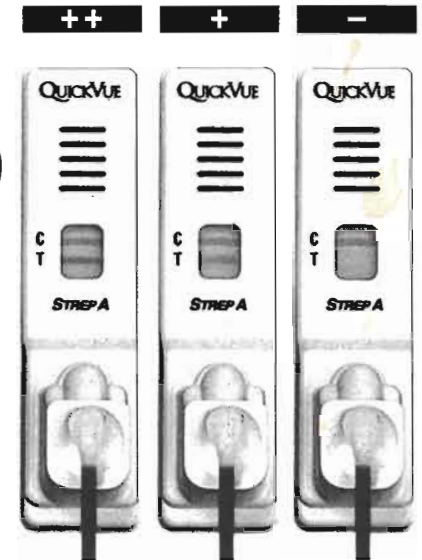


Shake  
Schütteln  
Agitare  
Agiter  
Agitar

**4**



Quickly Fill to Rim  
Schnell bis zum Rand füllen  
Riempire rapidamente fino al bordo  
Remplir rapidement jusqu'au bord  
Llene rápidamente hasta el borde  
Encho rapidamente até o bordo



*If liquid has not moved across the Result Window in 1 minute, completely remove the swab and re-insert.  
Wenn nach einer Minute keine Flüssigkeit durch das Ergebnisfenster gelaufen ist, den Abstrichtupfer kurz herausnehmen und wieder einsetzen.  
Se il liquido non si sposta attraverso la finestra dei risultati entro 1 minuto, rimuovere completamente il tampone e reinserirlo.  
Si le liquide n'a pas migré à travers la fenêtre de résultat en une minute, retirer complètement l'écouvillon et le réinsérer.  
Si el liquido no atraviesa la ventana de resultados en un minuto, extraiga completamente la torunda e introdúzcala de nuevo.  
Caso o liquido não tenha se deslocado através da Janela de Resultado em 1 minuto, remova o swab completamente e torne a introduzi-lo.*

**C = Blue**  
**T = Red, if positive**



**QUIDEL<sup>®</sup>**

0395505 (06/04)

**If your child is no better in 24-48 hours, CALL.**

**Never swab a child that has no symptoms .  
If test is positive you MUST come in.**