

Eastern Health ENT Head and Neck clinic Referral

Guidelines:

Problem:	Suggested management guide	Alternative service option
Tinnitus	Patients will be accepted (if deemed appropriate by the referring doctor) if a recent hearing test has been done AND an ENT appointment has been recommended by the audiologist. Audiogram needs to be provided	Audiological services
Adult Hearing lost	Patients will be accepted (if deemed appropriate by the referring doctor) if a recent hearing test has been done AND an ENT appointment has been recommended by the audiologist. Audiogram needs to be provided	Audiological service
Dizziness/imbalance	Referral will only be accepted if recommended by an audiologist or by a neurologist.	Neurology service
Epitaxis	Nasal moisturiser can be trialled eg nozoil, nasogel. A CT sinus can be an initial assessment for suspicious ADULT epitaxis. Currently referral will only be accepted based on urgency and clinical relevance.	Local emergency if significant uncontrollable or concerning epitaxis. Local ENT service if matter not urgent.
Adult Snoring/Obstructive sleep apnea	Referral will be accepted if a polysomnography (sleep study) has already performed. This needs to be accompanied with the referral.	Sleep or respiratory medicine service

Blocked nose	A trial of intra nasal steroid sprays. A CT sinus may be useful for ADULTs if failed medical therapy where there is associated facial pain or suggestion of nasal polyps	Box Hill ENT Head and Neck service
Neck or thyroid mass/lump	Referral should be accompanied by appropriate imaging. A cytology investigation via ultrasound guided needle aspiration may also be helpful.	Box Hill ENT Head and neck service
Paediatric hearing lost or recurrent ear infections	Referral needs to be accompanied with an audiogram	Audiological service followed by Box Hill ENT service.
Chronic throat globus or lump/plegm sensation	Initial control of exacerbating symptoms eg gastrooesophageal reflux and/or post nasal drip. Barium swallow maybe useful if associated with dysphagia.	ENT Head and neck service