

Nasal saline irrigations effective for chronic rhinosinusitis symptoms

Clinical question	Are nasal saline irrigations effective for chronic rhinosinusitis symptoms?
Bottom line	Nasal saline irrigations relieve symptoms, help as an adjunct to treatment and are well tolerated by the majority of patients. ¹ While there is no evidence that saline is replacement for standard therapies, addition of topical nasal saline is likely to improve symptom control in patients with persistent sino-nasal disease.
Caveat	Review involved only 8 studies with numbers of participants ranging from 14 to 150. Wide range of delivery techniques and solutions used in studies, and duration of treatment ranged from 7 days to 6 months. No recommendations can be made regarding specific solutions, dosage or delivery.
Context	Chronic sinusitis is thought to affect between 5% and 15% of population. ¹ It is the principal diagnosis in 2% of all patient visits to primary care. ²
Cochrane Systematic Review	Harvey R et al. Nasal saline irrigations for the symptom of chronic rhinosinusitis. Cochrane Reviews 2007. Issue 3. Art. No CD006394. DOI: 10.1002/14651858.CD006394. pub.2. Review contains 8 studies involving 389 participants.
Pearls No. 33 September 2007 (Brian R McAvoy)	

¹. Melen I. Chronic sinusitis: clinical and pathophysiological aspects. Acta Otolaryngologica 1994; 515:45–48.

². Schappert SM. National ambulatory medical care survey. 1991 Summary. National Centre for Health Statistics, 1992.

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