

EPOS 2020 - New Classification and Rhinosinusitis Treatment Guidelines

Livije Kalogjera

kalogjera@sfzg.hr

The European Position Paper on Rhinosinusitis (EPOS 2020) will be the latest in the EPOS series of guidelines on rhinosinusitis from an international cohort of experts in the field. The first European Position Paper on Rhinosinusitis and Nasal Polyps (EP3OS) was published in 2005, and the latest European Position Paper on Rhinosinusitis, EPOS 2012 was hugely successful and widely cited worldwide. It delivered a comprehensive review of the key topics in an accessible format with clear research priorities. The core objective of the EPOS 2020 guideline is to provide revised, up-to-date and clear evidence-based recommendations using guidelines, algorithms and schemes for the management (diagnosis, treatment and follow-up) of rhinosinusitis (acute and chronic, adult and paediatric). The document provides an update on the literature published and studies undertaken in the eight years since the EPOS 2012 position paper was published and aims to address areas not fully covered in the previous documents. It involves new stakeholders including pharmacists, nurses, specialised care givers and indeed patients themselves, who employ increasing self-management of their condition used over the counter treatments. The evidence-based medicine (EBM) methodologies included randomized controlled trials (RCTs), observational studies (surgery) / real-life studies and network analysis and meta-analysis of systematic reviews were combined with the results from clinical trials. The new EPOS document presents a new classification of chronic rhinosinusitis dividing it into primary and secondary rhinosinusitis, and further into localized or diffuse disease, expanding from the previous phenotyping based only on the polyp presence or absence. The new classification also includes endotyping and etiology, primarily related to the absence of eosinophilic (Type 2 response) inflammation presence. The new evidence based treatment guidelines include a stepwise approach in the treatment of partly controlled and uncontrolled rhinosinusitis. New guidelines for the management of acute viral and postviral, acute bacterial and chronic rhinosinusitis are presented. The indication for the use of biologicals in the treatment of chronic rhinosinusitis is clearly defined.

Key words: EPOS, guidelines, classification, treatment