Cough
Pediatric Office-Hours Version

DEFINITION

- A cough is the sound made when the cough reflex suddenly forces air and secretions from the lungs
- A coughing spasm is over 5 minutes of continuous, uncontrollable coughing

TRIAGE ASSESSMENT QUESTIONS FOR COUGH

Call EMS 911 Now
Severe difficulty breathing (struggling for each breath, unable to speak or cry because of difficulty breathing, making grunting noises with each breath)

- Child has passed out or stopped breathing
  R/O: apnea, anaphylaxis, cough syncope
- Lips or face are bluish when not coughing
  R/O: cyanosis and need for oxygen
- Sounds like a life-threatening emergency to the triager

See More Appropriate Protocol
Stridor (harsh sound with breathing in) is present
Go to Protocol: Croup (Pediatric)

Hoarse voice with deep barking cough and croup in the community
Go to Protocol: Croup (Pediatric)

Choked on a small object or food that could be caught in the throat
Go to Protocol: Choking - Inhaled Foreign Body (Pediatric)

Previous diagnosis of asthma (or RAD) OR regular use of asthma medicines for wheezing
Go to Protocol: Asthma Attack (Pediatric)

Wheezing is present, but NO previous diagnosis of asthma or NO regular use of asthma medicines for wheezing
Go to Protocol: Wheezing - Other Than Asthma (Pediatric)

Go to ED Now
Choked on a small object that could be caught in the throat
R/O: airway FB

Newborn < 4 weeks with fever 100.4° F (38.0° C) or higher rectally
R/O: sepsis

Go to ED Now (or to Office with PCP Approval)
Age 4 - 12 weeks with fever 100.4° F (38.0° C) or higher rectally
R/O: sepsis
Blood coughed up
R/O: pneumonia, FB, tuberculosis

Ribs are pulling in with each breath (retractions) when not coughing
R/O: pneumonia

Stridor (harsh sound with breathing in) is present
R/O: croup

Drooling or spitting out saliva (because can't swallow)
R/O: peritonsilar abscess, retropharyngeal abscess

Fever and weak immune system (sickle cell disease, HIV, chemotherapy, organ transplant, chronic steroids, etc)
R/O: serious bacterial infection

High-risk child (e.g., underlying heart, lung or severe neuromuscular disease)
Reason: high risk for respiratory distress

Child sounds very sick or weak to the triager
Reason: severe acute illness or serious complication suspected

Go to Office Now

Difficulty breathing present when not coughing

Lips have turned bluish during coughing
R/O: bronchiolitis, FB, or pertussis

Rapid breathing (Breaths/min > 60 if < 2 mo; > 50 if 2-12 mo; > 40 if 1-5 years; > 30 if 6-12 years; > 20 if > 12 years old)
R/O: respiratory distress

Fever > 105° F (40.6° C)
R/O: serious bacterial infection

SEVERE chest pain
R/O: pneumothorax

Can't take a deep breath because of chest pain
R/O: pneumonia, pleurisy

See Today in Office

Continuous (nonstop) coughing
Reason: may need codeine or asthma medicine

Age < 3 months old (EXCEPTION: coughs a few times)
R/O: pneumonia, chlamydia, pertussis

Earache with fever
R/O: otitis media

Age < 2 years and ear infection suspected by triager
Reason: recognizes child too young to report earache

Sinus pain (not just congestion) with fever present > 24 hours
R/O: cough triggered by sinusitis
Fever present > 3 days  
*R/O: pneumonia*

Fever returns after going away > 24 hours and symptoms worse or not improved  
*R/O: otitis media or sinusitis (if symptoms better, probably onset of new URI)*

**See Today or Tomorrow in Office**

Earache without fever  
*R/O: otitis media*

Sinus pain (not just congestion) without fever persisting > 48 hours after using nasal washes (Age: 6 years or older)  
*R/O: sinusitis*

Age 3-6 months and fever with cough

Caller wants child seen

**See Within 3 Days in Office**

Chest pain that's present even when not coughing  
*R/O: pleurisy*

Vomiting from hard coughing occurs 3 or more times

Coughing has kept home from school for 3 or more days

Pollen-related cough not responsive to antihistamines  
*R/O: asthma*

Nasal discharge present > 14 days  
*R/O: strep rhinitis in infants, sinusitis, allergic rhinitis*

Whooping cough in the community and coughing lasts > 2 weeks

Cough has been present > 3 weeks  
*R/O: asthma, exercise-induced bronchospasm, FB, smoking in teens*

**Home Care**

Cough (lower respiratory infection) with no complications

Pollen-related cough (allergic cough)

**HOME CARE ADVICE FOR COUGH**

1.] **Reassurance:**

- It doesn't sound like a serious cough.
- Coughing up mucus is very important for protecting the lungs from pneumonia.
- We want to encourage a productive cough, not turn it off.
2. Homemade Cough Medicine:
   - AGE: 3 Months to 1 year: Give warm clear fluids (e.g., water or apple juice) to thin the mucus and relax the airway. Dosage: 1-3 teaspoons (5-15 ml) four times per day.
   - Note to Triager: Option to be discussed only if caller complains that nothing else helps: Give a small amount of corn syrup. Dosage: ¼ teaspoon (1 ml). Can give up to 4 times a day when coughing. Caution: Avoid honey until 1 year old (Reason: risk for botulism)
   - AGE 1 year and older: Use HONEY 1/2 to 1 tsp (2 to 5 ml) as needed as a homemade cough medicine. It can thin the secretions and loosen the cough. (If not available, can use corn syrup.)
   - AGE 6 years and older: Use COUGH DROPS to coat the irritated throat. (If not available, can use hard candy.)

3. OTC Cough Medicine (DM):
   - OTC cough medicines are not recommended. (Reason: no proven benefit for children and not approved by the FDA in children under 4 years old)
   - Honey has been shown to work better. Caution: Avoid honey until 1 year old.
   - If the caller insists on using one AND the child is over 4 years old, help them calculate the dosage.
   - Use one with dextromethorphan (DM) that is present in most OTC cough syrups.
   - Indication: Give only for severe coughs that interfere with sleep, school or work.
   - DM Dosage: See Dosage table. Teen dose 20 mg. Give every 6 to 8 hours.

4. Coughing Fits or Spells:
   - Breathe warm mist (such as with shower running in a closed bathroom).
   - Give warm clear fluids to drink. Examples are apple juice and lemonade. Don't use before 3 months of age.
   - Amount. If 3 - 12 months of age, give 1 ounce (30 ml) each time. Limit to 4 times per day. If over 1 year of age, give as much as needed.
   - Reason: Both relax the airway and loosen up any phlegm.

5. Vomiting: For vomiting that occurs with hard coughing, reduce the amount given per feeding (e.g., in infants, give 2 oz. less formula) (Reason: Cough-induced vomiting is more common with a full stomach).

6. Fluids: Encourage your child to drink adequate fluids to prevent dehydration. This will also thin out the nasal secretions and loosen the phlegm in the airway.

7. Humidifier: If the air is dry, use a humidifier (reason: dry air makes coughs worse).

8. Fever Medicine: For fever above 102° F (39° C), give acetaminophen (e.g., Tylenol) or ibuprofen.

9. Avoid Tobacco Smoke: Active or passive smoking makes coughs much worse.

10. Contagiousness: Your child can return to day care or school after the fever is gone and your child feels well enough to participate in normal activities. For practical purposes, the spread of coughs and colds cannot be prevented.

11. Expected Course:
   - Viral bronchitis causes a cough for 2 to 3 weeks.
   - Antibiotics are not helpful.
   - Sometimes your child will cough up lots of phlegm (mucus). The mucus can normally be gray, yellow or green.

12. Call Back If:
   - Difficulty breathing occurs
   - Wheezing occurs
   - Fever lasts over 3 days
   - Cough lasts over 3 weeks
   - Your child becomes worse
Causes

- Most acute coughs are part of a common cold, a viral infection of the large airway (viral bronchitis)
- Other common causes: croup, bronchiolitis, asthma, allergic cough
- Whooping cough (Pertussis) causes 2-6 weeks of paroxysmal coughing with post-tussive emesis. The pertussis cough has distinguishing features. The child appears to be choking or suffocating. Ten or more coughs occur for each breath. The choking lasts for 1 to 2 minutes. In 50% of cases, the coughing attack ends with a whoop (like stridor). Between the coughing attacks, the child acts perfectly well. To teach pertussis recognition, go to the sound files on www.whoopingcough.net under symptoms.
- Cough Variant Asthma: Asthma is the most common cause of a chronic cough. Some 25% of children with asthma only cough and never wheeze (called cough variant asthma). They respond best to antihistamines or inhaled steroids.

Respiratory Distress Severity

- MILD: no SOB at rest, mild SOB with walking, speaks normally in sentences, can lay down flat, no retractions.
- MODERATE: SOB at rest, speaks in phrases, prefers to sit (can't lay down flat), mild retractions.
- SEVERE: severe SOB at rest, speaks in single words, struggling to breathe, severe retractions. (Exception: These symptoms are transient and only present when coughing).

Sputum or Phlegm

- Yellow or green phlegm is a normal part of the healing process of viral bronchitis.
- This means the lining of the trachea was damaged by the viral infection and is being coughed up as new mucosa replaces it.
- Bacteria do not cause bronchitis in healthy children. Purulent sputum is a poor predictor for bacterial superinfection. Antibiotics are not indicated for the yellow or green phlegm seen with colds.
- The main treatment of a productive cough is to facilitate it with good fluid intake, a humidifier (if the air is dry) and warm chicken broth or apple juice for coughing spasms (if over age 1).

Cough and Cold Medicines: FDA Recommendation (October 2008)

In October 2007, the AAP and other experts testified before the FDA about the safety of cough and cold medicines for young children. According to FDA data from 1969 to 2006, adverse reactions included 54 deaths from decongestants and 69 deaths from antihistamines. To put this in perspective, that's 3.3 reported deaths per year. The majority occurred in children younger than 2 years of age. In January 2008, the FDA issued a strong recommendation that parents "not use OTC cough and cold
products to treat infants and children less than 2 years of age. In October 2008, the FDA supported changing this cutoff to 4 years of age. These recommendations have been implemented within the related guidelines. In addition, the information has been added to all the Dosage Tables for OTC medicines.

- Under 4 years of age: advise callers that OTC cough and cold medicines should never be used in this age group because of potential serious side effects. They also lack efficacy. (FDA recommendation October 2008)
- From 4 to 6 years of age: advise callers that cough and cold medicines are not recommended for this age group because they do not have any proven efficacy for relieving cough and cold symptoms. (FDA advisory panel recommendation). However, if a parent insists on using them, help them calculate a safe dosage.
- Over 6 years of age: advise callers that the best treatment for coughs is honey or cough drops. The best treatment for nasal congestion is nasal washes with saline drops or spray. However, if a parent wants to use a cough or cold medicine, help them calculate a safe dosage. (FDA advisory panel has no recommendation at this time)
- For all ages, discourage the use of multiple-ingredient cough and cold medicines. (Reason: risk of overdosage).

**Honey as a Cough Syrup: Proven Efficacy**

- A 2007 study compared the efficacy of honey to DM to no treatment for nocturnal coughing.
- Honey consistently scored the best for reducing cough frequency and cough severity. It also scored best for improving sleep.
- DM did not score significantly better than no treatment at all.
- The study group contained 105 children age 2 to 18 years.
- The dose of honey used was ½ tsp (2 ml) for 2-5 year-olds, 1 teaspoon for 6 to 11 year-olds, and 2 tsp for 12 to 18 year-olds. A single dose was given at bedtime.
- One explanation for how honey works is that sweet substances naturally cause reflex salivation and increased airway secretions. These secretions may lubricate the airway and remove the trigger (or tickle) that causes a dry, nonproductive cough.
- A 2012 study compared the efficacy of honey to a placebo. Honey showed the most improvement in cough frequency and severity during the night.
- Study group: 300 children age 1 to 5 years.
- Dosage of honey: 10 ml given as a single dose 30 minutes before bedtime.

**Honey and Infantile Botulism**

- Honey has a small association with infantile botulism.
- Mechanism: Clostridium botulinum spores are present in some honey products.
- Age range of disease onset: 1 to 44 weeks (median: 15 weeks).
- Therefore, honey is not recommended for any child less than 12 months of age in these guidelines for any symptom.
- Prevalence of infantile botulism: 91 cases were reported in the US in 2007.
- Cause: Honey is a minor cause. Approximately 10% of cases of infantile botulism are associated with honey. The other 90% are either idiopathic or associated with blowing dust (especially in areas of active housing development). Botulism spores are found ubiquitously in all soil. They are also present fairly uniformly in vacuum cleaner contents.

**Corn Syrup as a Cough Syrup: No Risk for Botulism (2010)**

- 2010 Care Advice change: Corn syrup has been added back as an option for homemade cough syrup for children less than 1 year of age. Since honey has proven efficacy, corn syrup may share similar properties. (Note: corn syrup lacks evidence for efficacy). However, to keep the telephone advice compatible with office advice, corn syrup should only be mentioned if the parent complains
that the cough is severe and nothing previously recommended has helped.
• Safety: In 2009, the AAP, CDC and Health Canada websites all continue to recommend avoiding honey in infants less than 1 year old. However, none of these websites mention any concerns about corn syrup or the need to avoid it in infants.
• The 2006 and 2009 AAP Red Book states clearly that "no case of infant botulism has proved to be attributable to consumption of corn syrup".

Antibiotics for Cough

• Acute Bronchitis: In healthy people, acute bronchitis is viral and part of a cold. Antibiotic therapy provides no benefit. There is no effect on duration of illness, severity of symptoms or return to school.
• Common Cold: Colds are caused by viruses. No medicine, "shot", or antibiotic will cure an uncomplicated cold.
• Pneumonia: Pneumonia in childhood is 90% viral and 10% bacterial. Antibiotic therapy is only helpful for bacterial pneumonia.
• Whooping Cough (Pertussis): Whooping cough is caused by a bacteria (Bordetella pertussis). Treatment with antibiotics is indicated when whooping cough is diagnosed.

Return to School

• Your child can return to day care or school after the fever is gone and your child feels well enough to participate in normal activities. For practical purposes, the spread of coughs and colds cannot be prevented.

REFERENCES


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