

## What's New for Cough, Bark and Wheeze in Kids

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'Tis the season of the ABCs - Asthma, Bronchiolitis and Croup - and with this new year comes some new ideas about how best to manage kids with coughs.

Our ER colleagues have shared a GREAT Canadian website for assessment and treatment of pediatric medical conditions: [www.trekk.ca](http://www.trekk.ca). You don't need to log in – just type and search for great, concise recommendations.

Here are a few highlights from the Trekk website:

**TIP:** For kids with a moderate ASTHMA exacerbation, consider adding a single dose of oral dexamethasone (0.15-0.3 mg/kg) to their inhaled regimen. This has been shown to significantly decrease respiratory distress within 2-6 hours and decrease admissions to hospital. (Link to a scoring tool for mild-moderate-severe also on the website).

**TIP:** BRONCHIOLITIS most commonly hits your really young patients - mostly under age two, but especially under 12 months. If you have a child less than 12 months old, with a first episode of wheeze in the winter months, it's likely bronchiolitis and should NOT be treated with Ventolin, Atrovent, inhaled steroids, antibiotics, hypertonic saline or systemic corticosteroids. SUPPORT and MONITORING are the main treatments.

**TIP:** For that youngster with acute onset of barky cough, CROUP is the likely cause. New recommendations state that ALL kids with croup should have a single dose of oral dexamethasone at 0.15-0.6 mg/kg (max 10 mg).