

EDITORIAL

Cough during childhood

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OVERVIEW

Cough during childhood is very common, and is one of the most common reasons for consultation in routine pediatric practice. Cough impacts negatively on child's daily activities and ability to sleep well, play or attend school and is often a source of anxiety for the parents. It affects the quality of life of the child and the parents or caregivers.

Cough in children is different from that in adults in terms of duration, presentation, etiology and management. Cough can be defined based on duration of presentation, content, and sound quality.

PRODUCTIVE OR WET COUGH

Cough can be productive/wet or unproductive/dry. Productive cough suggests either an increase in respiratory tract secretions or abnormalities in its clearance mechanisms.

A productive cough produces phlegm or mucus or sputum, which could likely be attributed to lower respiratory diseases, asthma or pneumonia, acute bronchitis, as well as chronic pulmonary disease like cystic fibrosis, and bronchiectasis.

The burden of productive cough is more prevalent in developing nations; the incidence of productive cough in developing nations is about 20-30% as compared to 3-4% in the developed nations.

SUPPORTIVE CARE WITH COMBINATION THERAPY FOR ALLEVIATING PRODUCTIVE COUGH

In respiratory conditions associated with excess mucus production, there is need for a comprehensive formulation that may expel the mucus out of the airways and provide symptomatic relief to the patient.

Bronchodilatory cough formulations containing fixed dose combination of bronchodilator with mucolytics and/or expectorants are often prescribed for cough management.