Review: 1 in 8 preschool children develop ≥1 complication after presenting to primary care with acute cough


QUESTION: In children 0–4 years of age presenting with the symptom of acute cough or an undifferentiated acute respiratory tract infection with cough (UARTIC) in primary care, what is the natural history of illness duration and complications?

Data sources
Studies were identified by searching Medline (1966 to September 1998), EMBASE/Excerpta Medica (1988 to September 1998), the Cochrane Library databases, Bandolier, and the Drug and Therapeutics Bulletin using the content terms respiratory tract infection (RTI), cough, bronchitis, and chest infection; and by reviewing references of relevant articles.

Study selection
Studies published in English were selected if they were cohort studies, control or placebo arms of randomised controlled trials (RCTs), or systematic reviews of RCTs, and if patients were preschool children 0–4 years of age presenting with acute cough in primary care. For study selection, the review used the symptom of cough or UARTIC defined as a cough that failed to differentiate into a recognised clinical picture with known associated bacterial or viral aetiology, such as croup, whooping cough, pneumonia, or bronchiolitis. UARTIC included conditions labelled upper RTI, bronchitis, chest infection, and postnasal drip. Studies examining non-UARTIC, including pertussis and persistent wheezing, were excluded, as were those where a primary care physician was not consulted or the research was based in developing countries.

Main results
2 cohort studies and 8 RCTs met the selection criteria. 65% of all children (where age data were given) were 0–4 years of age. At 1 week after consultation, the percent of children recovered or improved varied: 86%, 75%, and 8% in 3 studies where illness duration was measured by parent completed symptom diaries, and 51% in 1 study where illness duration was measured by physician assessment as “recovered”; about half were still coughing (49% in 1 study) and/or had nasal discharge (55% in 2 studies). At 2 weeks, ≤24% of children in 1 study had not “recovered” or were worse (physician assessment), and ≤60% still had symptoms in another study (illness duration measured by parent completed symptom diaries). Meta-analysis of 6 studies (n=1777) estimated that 12% (95% CI 11% to 14%) of children had ≥1 complication, such as rash, painful ears, diarrhoea, vomiting, or progression to bronchitis/pneumonia within 2 weeks of presentation.

Conclusions
In children 0–4 years of age who presented with acute cough in primary care, 24% of children in 1 study were judged by the physician to have not recovered or to be worse 2 weeks after the initial consultation. Meta-analysis of 6 studies shows that 12% developed ≥1 complication, such as rash, painful ears, or bronchitis/pneumonia.
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