

CLINICAL PRACTICE GUIDELINE - DIAGNOSIS OF CROUP

DIAGNOSIS OF CROUP
Abrupt onset of coarse, barky cough +/- inspiratory stridor

Give **dexamethasone 0.6mg/kg*** orally to a max dose of 10mg (**CLASS I**)
Oral dexamethasone is well tolerated when given as the parenteral-injectable preparation mixed with flavored syrup
**May use dose range of 0.15-0.6 mg/kg in mild croup (CLASS II)*

MILD
(no stridor or chest wall indrawing at rest)

MODERATE
(stridor and chest wall indrawing at rest *without* agitation)

SEVERE
(stridor and indrawing of the sternum associated with *agitation or lethargy*)

Parental education:

- Expected course of illness
- Signs of respiratory distress
- When to seek medical care

- Minimize intervention as for moderate croup
- Provide blowby oxygen (optional unless cyanosis is present)

- Minimize intervention
- Keep child on caregiver's lap in position of comfort

- Discharge home without further observation
- No specific followup required

Consider nebulized L-epinephrine 1:1000 (2.5-5ml) (**CLASS 1**)

- Nebulized L-epinephrine 1:1000 (5mL) (**CLASS 1**)
- If vomiting, consider budesonide (2mg) nebulized with epinephrine (**CLASS 1**)

Observe for improvement. (Must observe for minimum of 2 hours post epinephrine if given) (**CLASS 1**)

Poor response to nebulized epinephrine

Patient improves and no longer has stridor at rest or chest wall indrawing:

- Educate parents (as per mild croup)
- Discharge home

No or minimal improvement by 4 hours:
Consider Hospitalization

Contact pediatric ICU for further management
Consider contacting anesthesia +/- ENT if airway management required

Observe for 4 hours

Good response to nebulized epinephrine

Reoccurrence of severe respiratory distress:

- Repeat nebulized epinephrine
- If good response, continue to observe

Consider hospitalization (general ward) if:

- Received steroid > 4 hours ago
- Continued moderate respiratory distress (without agitation or lethargy)

If recurrent severe episodes of agitation or lethargy, contact pediatric ICU

(Class Indeterminate)