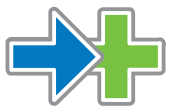




Minor Ailment Condition CHESTY COUGH	When to Refer	Advice for Self Care/Non Pharmaceutical Treatment	Treatment Options Formulary Items		
			Drug	Dose and Duration	Advice
<p>A chesty cough results through a defensive reflex mechanism from a response to a stimulation of receptors in the upper respiratory tract. Its purpose being to clear the airways of obstruction or irritants so that breathing can continue as normal.</p> <p>A cough can be associated with, or preceded by, symptoms of the common cold.</p> <p>Symptoms:</p> <ul style="list-style-type: none"> • Production of sputum • Phlegm present on the chest 	<ul style="list-style-type: none"> • Children < 1 years • Concomitant lung disease or heart failure • Cough lasting > 3 weeks • Raised temperature for > 3 days • Shortness of breath, dyspnoea • Chest pain • Fever and/or sweating • Weight loss • Discoloured and/or blood stained sputum • Offensive, foul smelling sputum • OTC treatment failure after 3-4 days in children, 7 days in adults • Recurrent symptoms • Adverse reaction to medicines • Immunosuppressed <p>Patients who smoke are more prone to chronic and recurrent cough and long term respiratory conditions such as emphysema. These patients may need to be referred to their GP.</p> <p>Gastro-oesophageal reflux may also present as a cough.</p>	<ul style="list-style-type: none"> • Chesty coughs are usually self-limiting in normally healthy individuals and should improve within two to three weeks. • There is no good clinical evidence for the use of cough expectorants other than as a placebo. Demulcent cough preparations are soothing, harmless and inexpensive, and are useful where a patient expects treatment for their cough. • Maintaining a high fluid intake helps to hydrate the lungs and hot drinks have a soothing effect. • Smoking cessation and NRT programmes should be considered in those patients who are contemplating stopping smoking. 	<p>Adults and Children over 12 years old</p> <p>Simple Linctus S/F</p> <p>Children 1-12 years old</p> <p>Simple Linctus Paediatric S/F</p>	<p>5ml 3-4 times daily</p> <p>5-10ml 3-4 times daily</p>	



Chesty Cough

- Chesty coughs are usually self-limiting in normally healthy, individuals and should improve within two to three weeks.
- There is no good clinical evidence for the use of cough expectorants other than as a placebo. Demulcent cough preparations are soothing, harmless and inexpensive, and are useful where a patient expects treatment for their cough.
- Maintaining a high fluid intake helps to hydrate the lungs and hot drinks have a soothing effect.
- Smoking cessation and NRT programmes should be considered in those patients who are contemplating stopping smoking.

