COUGH, COUGH EXCUSE ME!

Richard W.O. Beebe MS RN NRP

Disclosures

- Author for Delmar Cengage Learning
  - Fundamentals of Basic Emergency Care
  - The Professional Paramedic series
  - Anatomy and Physiology for EMS Providers
  - NAEMSE Board of Directors
  - CECBEMS Board of Directors
- Grew up watching *Emergnecy!*
- Still like driving RL&S

Road Map

- Describe the anatomy of a cough!
- Identify alarm symptoms
- Describe the history and physical important to the differentiation of the etiology of a cough
- Develop a plan of treatment for a cough

CASE STUDY

50 yo patient

Nagging Intermittent Cough

Cough > Urinary Incontinence

HTN - Pril

2 PPD X20 years

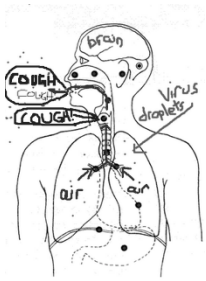
GERD - Tagament

THE CASE FOR THE COUGH

- Common Concern?
  - th
- Why?
  -
  -

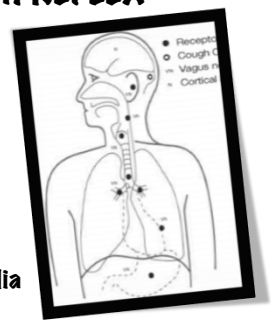
WHY DO WE COUGH

-
  - Larynx
  - Trachea
  - Bronchi
  - SINUS
  - Pericardium
  - Diaphragm
  - Pleura



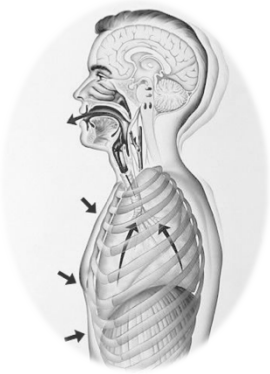
COUGH REFLEX

-
  - Afferent
  - Processing
    -
  - Efferent
    - Vagus
      - Bradycardia



COUGH IN EVOLUTION

- Inspiration
  - Volume = Force
- Compression
  - COPD
- Expiratory
  - 50 MPH



HISTORY OF A COUGH

Stick to the DISCIPLINE!

OPQRST /p ABC

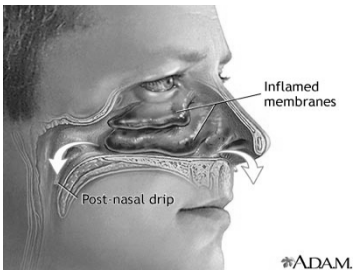
Start with SCENE SAFETY!

Onset

- Acute
  - < 3 weeks
- Subacute
- Chronic
  - > 8 weeks

- Upper Airway Cough Syndrome

Provocation

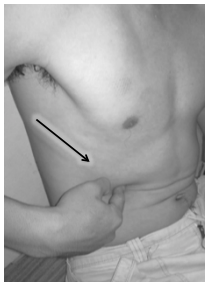


Radiation

Hmmm … Nose to Navel

Severity

- Weak Cough?
  - Pleuritis
  - Tietze's Syndrome
    - Syndrome
  - Narcotics?
    - F Patch!



Timing

- Wax & Wane?
- Intermittent?
- Progressively Worsening ?

AMPLE

- Stick to the Discipline!

Medications

- SHOPS!
  - Social Drugs
  - Herbal
  - OTC
  - Prescription
  - Sexual Enhancement
- PRILS -
  - Dry Hacking
  - ANGIOEDEMA
    - Not Dose Dependent

Past Medical History

- Chronic Bronchitis
  - Productive Cough X 3 months
  - 2 or more years

Last Meal

- Coffee
- Alcohol
- CHOCOLATE
- Fatty Foods

- THINK GERD!!

Events Preceding

- Cough Variant Asthma!
  5 - 15%

Etiologies

- Most Common Cause?
- URI!
  - Common Cold
    - 70% Viral
  - Sinuitis
  - Allergic Rhinitis

COUGHS OF CONCERN - VOMITING

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

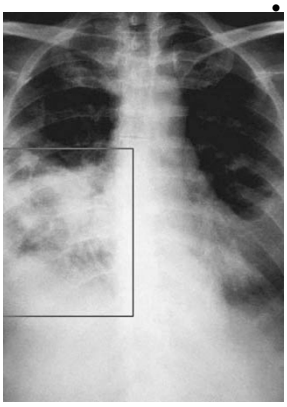
1959 - 40 K
Vaccination Era
2010 - 30 K

100 Day Cough • Think MASK!!

COUGHS OF CONCERN - HEMOPTYSIS

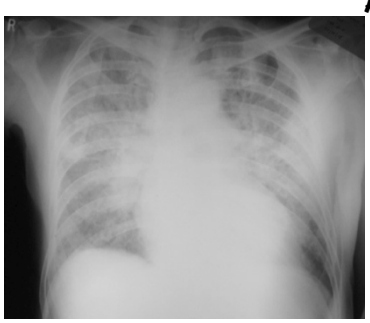
- Think MASK
- *Embolism*

COUGHS OF CONCERN - FEVER AND SPUTUM



- Pneumonia #3
  - Caustive Agent
    - Mycoplasma
  - Vital Signs?
  - Egophony?
  - Fremitus?

COUGHS OF CONCERN - WHEEZING



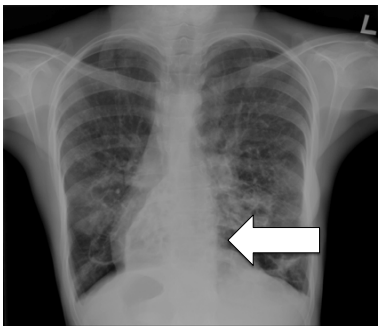
- CHF?
  - Cardiac Asthma
    - All that Wheezes is not Asthma!

COUGHS OF CONCERN - CHEST PAIN

- Pulmonary Embolism
- Thoracic Aortic Aneurysm

COUGHS OF CONCERN - PURULENT SPUTUM

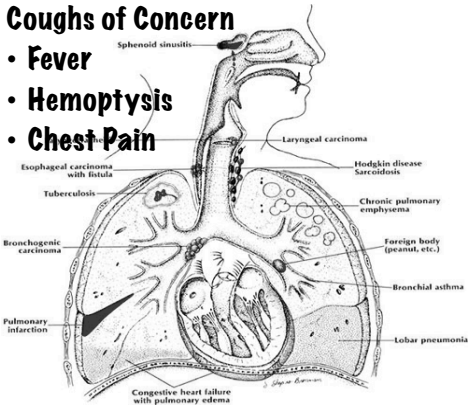
- Bronchiectasis
- Lung Abscess



IN REVIEW

Coughs of Concern

- Fever
- Hemoptysis
- Chest Pain



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Contact Information:
www.MedicThink.Com
MedicThink@Gmail.com