

Colds

How do we catch colds?	Exposure to someone with a cold More susceptible if: - Lack of sleep - Poor nutrition - Stress - Getting chilled - Toxicity - Immune suppression - Too much exercise
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Treatments	
Non pharmaceutical	Pharmaceutical
Rest - Immune response Adequate hydration - Mouth breathing - Increase fluid secretion	Analgesics/ antipyretics - Malaise - Raised temperature via immune response Decongestants - Sympathomimetic's, inhalation products
Analgesics/ antipyretics	Paracetamol & ibuprofen (>3 months age) - Peak effect of temperature reduction (2.5 – 3 hours) Evidence: - Recent quality trials only with paracetamol and ibuprofen not aspirin - Ibuprofen achieved slightly better outcomes in children and patients with LRTI Aspirin dispersible 300mg - Gargle with 2 tablets up to QDS - Systemic analgesic and anti-inflammatory effect - Avoid in: pregnancy, breast feeding, <15 years
Decongestants (antihistamines)	
Chlorphenamine, Tripolidine, Promethazine Brompheniramine, dimenhydrinate Rationale: - ?Histamine component of nasal congestion - Anticholinergic effect - Sedation	1st generation (some evidence) - Nasal symptoms 2nd generation (no evidence) - Strong sedative effect (diphenhydramine, dimenhydrinate) - Slightly weaker sedative effect (chlorphenamine, tripolidine)
Antihistamines: The Evidence	RCT of 113 patients on 12mg Brompheniramine: Significant reduction in: - Volume of nasal mucus produced - Severity of patient reported rhinorrhea - Frequency and severity of sneezing - ? frequency of blocked nose Other trials demonstrating no significant impact No evidence for 2 nd generation antihistamines
Decongestants (sympathomimetics)	
Alpha 1 agonists: - Peripheral vasoconstriction (arterioles of nasal mucosa and sinuses) - Reduces mucous production	Examples: - Pseudoephedrine - Phenylephrine - Oxymetazoline - Xylometazoline
ORAL	15-30 mins for effect Pseudoephedrine; lasts 4-6 hours (P) - Sudafed Decongestant = 60mg, max 240mg/ day - Contac non-drowsy = 120mg, max 240mg/ day - Max: 720mg/ sale Phenylephrine; lasts 2-3 hours (GSL) - Beechams All in One = 10mg, max 40mg/ day