

Croup

* As arrange transfer to ED, give dexamethasone & racemic epinephrine if able

Classic Viral Croup

- Peak age 6mo-3yo
- Fall – Early Winter
- Parainfluenza virus and other viruses
 - Consider Covid testing
- Fever, cold sx -> [barking cough](#), worse at night, +/- [stridor](#)
- Older kids: hoarse voice, sore throat

Spasmodic Croup

- Also 6mo-3yo but also older children
- Sudden onset at night of stridor
- No fever
- +/- cold symptoms
- May be atopic, often recurrent

Croup Score

Finding	0	1	2	3	4	5
LOC	Alert					Altered
Cyanosis	None				w/agitation	At rest
Stridor	None	w/agitation	At rest			
Air entry	Normal	Decr	Marked Decr			
Retractions	None	Mild	Mod	Severe		

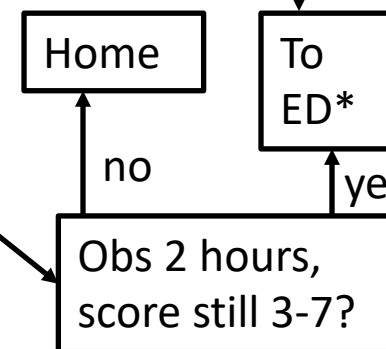
Score ≤ 2

- Dexamethasone 0.3-0.6mg/kg (max 10mg) PO or IM
- Home treatment (next slide)

Score 3-7

- Dexamethasone as for score ≤ 2
- 0.5mL of nebulized racemic epinephrine 2.25%

Score ≥ 8



Rarely require racemic epinephrine

Croup Home Instructions

- Symptoms always worse at night, typically for two nights, then viral croup becomes more of a regular cold
 - Humidifier in bedroom
 - Turn on hot water in shower to steam up bathroom
 - Take child out into cold night air
- Antipyretics / oral analgesics, encourage fluids
- Return if stridor *at rest* or respiratory distress / increased work of breathing (demonstrate for parent)
- Spasmodic croup typically resolves quickly
 - If recurs in future, trial of comforting and humidified air may resolve before needing to come in to be seen