### Acute uncomplicated bronchitis

Virus causes >90% of acute bronchitis.

Cough typically lasts 5 days, up to 6 weeks.

#### Diagnosis

- Focus on ruling out pneumonia, one of adult acute bronchitis is caused by bacterial infections, typically caused by Group A Streptococcus (GAS), which may require antibiotic treatment.
- Using clinical features alone to diagnose acute bronchitis is unreliable.
- Common causes include viral infections such as the common cold, influenza, and respiratory syncytial virus.
- Other potential causes include gastroesophageal reflux disease, asthma, and non-infectious conditions such as smoke inhalation, aspiration, and foreign body.

#### Management

- Evidence-based supportive care includes rest, hydration, and cough control.
- Antihistamines may provide short-term relief of nasal symptoms and post-tussive emesis.
- Narasiga and other important information include: non-pharmacologic interventions such as humidification, sputum expectorants, and cough suppressants.

### Pharyngitis

Group A Streptococcus (GAS) is the only common indication for antibiotics.

#### Management

- Antimicrobial treatment of GAS is not recommended for patients with negative rapid streptococcal antigen detection test results.
- GAS resistance to clindamycin and azithromycin is increasing, and these agents should not be used for GAS.
- For patients with positive rapid streptococcal antigen detection test results, first-line therapy includes penicillin V, amoxicillin, and erythromycin.
- For patients with adverse reactions to penicillin, macrolides (such as azithromycin) are the recommended alternatives.
- For patients with penicillin allergy, treatment options include cephalosporins, clindamycin, and doxycycline.

### Pediatric Outpatient References

Acute rhinorrhea is usually an isolated symptom. Symptoms may persist for several days. The severity of symptoms can vary from mild to severe. Treatment options include rest, hydration, and over-the-counter decongestants and pain relievers. Long-term consequences are generally mild, but may include ear infections, sinus infections, or respiratory issues. It is important to monitor for signs of infection and seek medical attention if symptoms worsen or persist for more than a week.

Pharyngitis

Pharyngitis is an inflammation of the pharynx, which is the tube that connects the mouth to the trachea. Common causes of pharyngitis include viruses, bacteria, and allergies. Symptoms may include a sore throat, cough, fever, and chills. Treatment options include rest, hydration, and over-the-counter pain relievers. Antibiotics may be prescribed for bacterial pharyngitis, but are not recommended for viral pharyngitis. Pharyngitis can be caused by various types of bacteria, including Streptococcus pyogenes, which can cause strep throat. Strep throat can be treated with antibiotics to prevent complications such as rheumatic fever and kidney disease. Pharyngitis can also be caused by viruses, such as the common cold or flu, and is usually treated symptomatically. It is important to monitor for signs of infection and seek medical attention if symptoms worsen or persist for more than a week.

Bronchiolitis

Bronchiolitis is a common respiratory illness that affects infants and young children. It is caused by a viral infection, most commonly respiratory syncytial virus (RSV), which can cause inflammation and swelling in the small airways of the lungs. Symptoms may include a cough, difficulty breathing, and fever. Treatment options include rest, hydration, and supportive care. Antibiotics are NOT helpful and should NOT be used. Unless hospitalized, no treatment is recommended. Bronchiolitis can lead to hospitalization in a small percentage of cases. It is important to monitor for signs of infection and seek medical attention if symptoms worsen or persist for more than a week.

Urinary tract infections (UTIs)

Urinary tract infections (UTIs) are common in children and can be caused by a variety of bacteria. Symptoms may include a burning sensation during urination, frequent urination, and pain or tenderness in the lower abdomen. Treatment options include antibiotics, and in some cases, medication to help with pain and irritation. It is important to monitor for signs of infection and seek medical attention if symptoms worsen or persist for more than a week.

Common cold or non-specific upper respiratory tract infection (URTI)

Common cold or non-specific upper respiratory tract infections (URTIs) are caused by a variety of viruses, and can cause symptoms such as a runny nose, cough, and sore throat. Treatment options include rest, hydration, and over-the-counter pain relievers. It is important to monitor for signs of infection and seek medical attention if symptoms worsen or persist for more than a week.

Mouthwash

Mouthwash is a solution used to rinse the mouth and can help improve oral hygiene. It is not recommended for use in children under the age of 6 due to the risk of accidental ingestion. However, it is safe for children over the age of 6, and can be used to help prevent cavities and gum disease. It is important to monitor for signs of infection and seek medical attention if symptoms worsen or persist for more than a week.

Antibiotic treatment for asymptomatic children is not recommended. Antibiotics should only be used for patients with symptoms of infection. Antibiotic resistance is a growing concern, and it is important to use antibiotics judiciously to prevent the development of antibiotic-resistant bacteria. It is important to monitor for signs of infection and seek medical attention if symptoms worsen or persist for more than a week.