

## Assessment and Management of Croup

- Croup is an inflammation of the upper airway, larynx, and trachea that is usually caused by a virus.
- It most commonly occurs between the ages of 6 months to 6 years.
- It is often worse at night.
- Usually lasts around 2-3 days and <5% require hospitalisation.
- Most children have mild symptoms:
  - *Barking cough*
  - *No audible stridor at rest*
  - *Only mild retractions of the chest wall*
  - *Can have a fever up to 40 degrees*

Differentials include: *Foreign body, Tracheitis and Epiglottitis*

### Management

Determine the Westley Croup score to guide management

- 0-2 = MILD
- 3-5 = MODERATE
- 6-11 = SEVERE
- 12-17 = **Impending respiratory failure**

AIM to minimise distress:

- Sit child comfortably (e.g. on parents lap)
- Avoid throat examination (especially if child appears septic or has stridor at rest)

### Westley Croup Score

Clinical Sign	Degree	Tick	Score
Stridor	None		0
	When agitated		1
	At rest		2
Chest wall recession	None		0
	Mild		1
	Moderate		2
	Severe		3
Air entry on auscultation	Normal		0
	Decreased		1
	Severely decreased		2
Oxygen saturations	Normal		0
	Decreased with agitation		4
	Decreased at rest		5
Conscious level	Normal		0
	Altered		5
TOTAL SCORE			/17

