



Isle of Wight
NHS Trust

Patient Information Leaflet

Croup

Produced by:
Children's Ward

Date: February 2016
Review due: February 2019



**This page is left
intentionally
blank**

If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টলেফি এন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

What is croup?

Croup is the common name for a condition called laryngotracheitis. This is the inflammation and the narrowing of the voice box (larynx), the main air tube to the lungs (trachea) and the larger branching air tubes, (bronchi). Croup is usually caused by a viral infection and can be the result of several different viruses.

Who gets croup?

Croup most commonly affects children between the ages of one and three, but any child under the age of six can develop it. Croup often occurs in the winter and boys are more likely to be affected than girls.

As children become older their airways become wider and firmer. An infection by a similar virus in an older child may cause a cough or a sore throat, but is unlikely to cause the breathing problems of croup.

What are the symptoms of croup?

- A barking cough – due to inflammation and swelling of the vocal chords in the larynx.
- Hoarseness.
- An increased stridor, (a noise heard when your child breathes in). This is caused by narrowing of the breathing tube.
- An increased respiratory rate, (faster breathing).

These are usually accompanied by a runny nose, sore throat, fever and feeling generally unwell. The symptoms are often worse at night. Typically during the day your child may have a croupy cough with cold symptoms, but not be too unwell. However, at night the cough and breathing symptoms often become worse.

How serious is croup?

Croup is usually a self-limiting condition. Many children just get a croupy cough with some cold symptoms, but not be too unwell. Parents can expect to have one or two disturbed nights nursing a coughing child. Most children with croup remain at home and soon recover.

The main concern is if severe narrowing of the breathing tube develops. If this occurs then breathing can become difficult.

If this occurs it is likely that your child will be admitted to hospital for observation.

Treatment

In most cases, children with viral croup recover and require no medical treatment. If your child is admitted to hospital it is likely they will be given a medication called Dexamethasone. This helps to reduce both inflammation and swelling, enabling your child to breathe more easily.

Although your child may still have a barking cough and sound quite hoarse, providing that they remain well in themselves, have no respiratory distress and are taking and tolerating adequate amounts of fluids, they will be discharged home.

What should I do after my child is discharged home?

- Encourage your child to drink fluids – offer small amounts frequently to ensure that your child remains hydrated.
- Give them paracetamol (in accordance to manufacturers instructions), this will reduce their temperature and help them to rest and sleep.
- Keep your child in a calm environment.
- Make sure your child avoids smoky environments.

It is important that you observe your child closely for any deterioration in their condition. Severe symptoms may include:

- Loss of colour with a blue tinge around the lips.
- Increased irritability, lethargy and/or reduced level of consciousness (sleepier than usual and hard to rouse).
- Harsh stridor and increased drooling.
- Severe “pulling in” (retractions) of the muscles in the neck, chest and abdomen.

Should your child develop **any** of the above symptoms it is **imperative** that you **seek medical advice immediately**.

Complications

Very rarely, severe croup may lead to life threatening airway obstruction. In such cases hospital treatment is required to ventilate the child. A tube is passed through the larynx into the trachea to provide oxygen while the child is under sedation. This is required for a short period until the inflammation settles down. It is very unusual for croup to cause any long term complications.

**This page is left
intentionally
blank**

If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.