



Clinical Update

For Telephone Triage Nurses

November - December 2010

Page 1 of 2

In this Issue:

- CPR
- Echinacea
- Influenza Update
- Reduced E.D. Pediatric Visits for Adverse Effects from Cough and Cold Medications (CCM)

Hands-Only™ CPR

When an adult has a cardiac arrest, there are two things that *anyone* can do to increase the likelihood of surviving: calling 911 and performing bystander CPR. Unfortunately and all too often, co-workers, friends, and family either forget what needs to be done or are afraid that they may do it wrong. In some cases bystanders hesitate to do CPR because they are concerned about getting a communicable disease from mouth-to-mouth breathing.

The American Heart Association has simplified cardio-pulmonary resuscitation (CPR) to two steps.

... **STEP 1:** Call 911

... **STEP 2:** Push hard and fast on the center of the chest.



It is important to note that the American Heart Association still recommends that if you are trained and feel comfortable and confident in performing regular CPR (2 breaths with every 30 chest compressions; goal of 100 compressions per minute) then you should do so. However, if you are not confident, then perform hands-only™ CPR.

Please do us a favor, click on the following link and watch the 1 minute instructional video. Please also consider forwarding this link to a friend for viewing.

<http://handsonlycpr.org/>

Echinacea and the Common Cold — No Benefit—

Echinacea has been touted by some as a herbal remedy that can reduce cold symptoms. Research shows that this is not true. In a randomized controlled trial reported in the December 20th issue of the *Annals of Internal Medicine* there was no benefit from Echinacea in reducing the severity of the cold symptoms or how long the cold symptoms lasted.

The authors of the research study concluded: "*Illness duration and severity were not statistically significant with echinacea compared with placebo.*"

Hands-Only™ CPR is a trademark of the American Heart Association.



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Clinical Content

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Page 2 of 2

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Influenza

As of mid-December influenza activity remains low, but the CDC is reporting increasing percentages of influenza-positive test specimens. You can monitor influenza activity across the United States by checking the FluView web page: <http://www.cdc.gov/flu/weekly/summary.htm>.

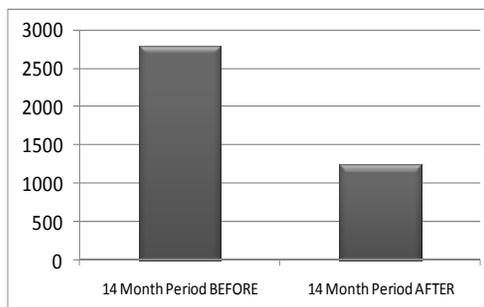
Here are some quick influenza basics and an important update:

- ◆ Influenza viruses change (or mutate) yearly which is why some individuals seem to get influenza every year. The influenza virus is spread via airborne droplet, from sneezing and coughing.
- ◆ Getting the flu vaccine is the best way to prevent the influenza.
- ◆ Update: This year the CDC recommends that everyone 6 months of age and older should get a flu vaccination.

Decrease in Pediatric Adverse Events from Withdrawal of Cough and Cold Medications

In January 2008 the U.S. Food and Drug Administration (FDA) issued a Public Health Advisory for parents and caregivers, recommending that over-the-counter cough and cold medicines (CCM) should not be used to treat infants and children less than 2 years of age because serious and potentially life-threatening side effects can occur from such use. In October 2008, the FDA raised the cutoff to 4 years of age. These recommendations were immediately implemented within all related pediatric telephone triage guidelines.

Here is some good news from a research article published in the December issue of *Pediatrics*. The estimated number of U.S. emergency department visits for children from adverse reactions to CCM dropped from 2,790 to 1,248.



Thank you for all you do that contributes to patient quality of care.

Regards and Happy Holidays,

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References:

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- ◆ Shehab N, Schaefer MK, Kegler SR, Budnitz DS. Adverse events from cough and cold medications after a market withdrawal of products labeled for infants. *Pediatrics.* 2010 Dec;126 (6):1100-7.

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