

## Chronic Cough

- Cough is one of the most common reasons for a medical consultation, BUT in most patients cough will resolve in 4-6 weeks
- Chronic cough is defined as cough lasting for more than 8 weeks.

### Information Required

- Duration
- Co-morbidities
- Smoking history
- Medications

### Investigations Required

- Chest X-ray
- Spirometry
- Full blood count, Renal function, CRP
- Sputum M, C & S
- Nasopharyngeal swab for Bordetella pertussis

## Fax Referrals to

FMC Outpatient Clinic Fax: (08) 8204 6105 (Clinic B)

Noarlunga GP Plus Fax: (08) 8384 9711

## Red Flags

### Prompting consideration of other diagnosis, particularly malignancy

- ☞ Haemoptysis
- ☞ Smoker or Ex-smoker( >20 pack year history) with new cough, altered cough or cough with change in voice
- ☞ Abnormal clinical examination (e.g. localised monophonic wheeze, lymph node enlargement)
- ☞ Abnormal chest X-ray
- ☞ Systemic symptoms such as fever and weight loss

## Suggested GP Management

- Smoking cessation
- Treat bacterial bronchitis, if present
- Change ACE inhibitors to another class of hypertensives
- Cough syrups containing non-opioid agents such as dextromethorphan
- Trial of inhaled steroids
- Trial of Proton pump inhibitors ( standard dose PPI twice daily for 8-12 weeks)
- Nasal steroids in patients with upper airway symptoms

## Clinical Resources

- Medical Journal of Australia. CICADA: Cough in Children and Adults.: Diagnosis and Assessment. Australian cough guidelines summary statement. Med J Aust 2010; 192 (5): 265-271  
<https://www.mja.com.au/journal/2010/192/5/cicada-cough-children-and-adults-diagnosis-and-assessment-australian-cough>

General Information to assist with referrals and the Referral templates for FMC and Noarlunga GP Plus are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients).

Version	Date from	Date to	Amendment
2.0	August 2017	August 2019	Original