

CROUP

Stepwise management based on severity

- Reduce anxiety. It is important for the parent to stay with the child if possible, since the distress of separation can precipitate more severe obstruction.
- A single dose of oral dexamethasone (0.15 - 0.6 mg/kg, max. 12 mg) should be given to these children. An alternative is 2 days of oral prednisolone (1mg/kg, max. 60mg, once daily).
- Nebulised adrenaline should be given to the severely obstructed child
 - Use the 1:1000 ampoules at a dose of 0.5ml/kg/dose, maximum dose 5ml (make up to at least 4ml with 0.9% saline)
 - If nebulised adrenaline is given prior to transport, a medical escort must accompany the child to hospital since deterioration may occur en-route.