

**Glucocorticoids effective for croup in children**

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<b>Clinical Question</b>	How effective are glucocorticoids for treatment of croup in children aged up to 18 years?
<b>Bottom Line</b>	Glucocorticoids improved croup symptoms at two hours (moderate-certainty evidence), and the effect lasted at least 24 hours (low-certainty evidence). Glucocorticoids reduced rates of return visits, admissions, and readmissions (moderate-certainty evidence). Glucocorticoids reduced length of stay by 15 hours (range six to 24 hours), but made no difference in need for additional treatments. There appeared to be no additional benefit from combined dexamethasone and budesonide in comparison to using either treatment alone. Few serious adverse events were reported related to short-term treatment with glucocorticoids for croup.
<b>Caveat</b>	It was not certain which type, amount, and administration mode (oral, inhaled, injected) of glucocorticoids was best for reducing symptoms of croup in children.
<b>Context</b>	Croup causes oedema of the throat and trachea, resulting in hoarseness, a barking cough, and noisy breathing. Glucocorticoids can reduce swelling, making it easier to breathe.
<b>Cochrane Systematic Review</b>	Gates A et al. <b>Glucocorticoids for croup in children</b> . Cochrane Reviews, 2018, Issue 8. Art. No.: CD001955.DOI: 10.1002/14651858.CD001955.pub4. This review contains 43 studies involving 4,565 participants.
<b>Pearls No. 616, May 2019, written by Brian R McAvoy. C1</b>	

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001955.pub4/full>