

**Corticosteroids for sore throats maybe beneficial but more information on harms needed**

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<b>Clinical Question</b>	How effective and safe are corticosteroids in reducing the symptoms of a sore throat in adults and children?
<b>Bottom Line</b>	Oral or intramuscular corticosteroids, in addition to antibiotics, moderately increased the likelihood of both resolution and improvement of pain in participants with sore throat.
<b>Caveat</b>	Studies were conducted in general practice and emergency department settings. Most trials were performed in the USA, and two in Europe. The studies included in this review did not demonstrate increased side effects in participants receiving corticosteroids, but these studies were unlikely to be powered sufficiently to detect adverse effects of short courses of oral corticosteroids, and reporting of adverse events was poor. Only two trials included children, and the results of these trials were inconsistent. It will be important to await results from future trials in children to develop a clearer understanding of whether corticosteroids also provide a benefit in this population.
<b>Context</b>	Sore throat is a common condition associated with a high rate of antibiotic prescriptions, despite limited evidence for the effectiveness of antibiotics. Corticosteroids may improve symptoms of sore throat by reducing inflammation of the upper respiratory tract.
<b>Cochrane Systematic Review</b>	Cassan S, Thompson MJ, Perera R, Glasziou PP, Del Mar CB, Heneghan CJ, Hayward G. Corticosteroids as standalone or add-on treatment for sore throat. Cochrane Database of Systematic Reviews 2020, Issue 5. Art. No.: CD008268. DOI: 10.1002/14651858.CD008268.pub3. This review contains 9 trials with a total of 1319 participants.

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD008268.pub3/full#CD008268-sec1-0005>