



Cough and COPD

Color index :

Important

Further explanation

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Cough:

- ❖ Is a forced expulsive maneuver, usually against a closed glottis and which is associated with a characteristic sound.
- ❖ The most common symptom of the respiratory system diseases
- ❖ Based on the duration we can divide it into 3 categories:

Acute: <3 weeks	Subacute: between 3-8 weeks	Chronic: >8 weeks
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Differential diagnosis:

Chronic obstructive pulmonary disease (COPD):

- ❖ It's caused by long-term exposure to irritating gases, most often from **cigarette smoke**.
- ❖ Symptoms: Breathing difficulty (exertion & during sleep), cough, mucus (sputum) production, wheezing.
- ❖ Two most common conditions that contribute to COPD are

A) Chronic bronchitis :

Defined clinically as the presence of a chronic productive cough for **3 months** during each of **2 consecutive years**

A) Emphysema :

- ❖ breathlessness, Cough with sputum , Drowsiness , coma

Asthma :

- ❖ Chronic inflammatory disorder of the airways.
- ❖ Symptoms: **recurrent** episodes of (dry) coughing , wheezing , breathlessness , chest tightness.

Bronchiectasis:

- ❖ Disorder characterized by dilated bronchial walls .
- ❖ Chronic productive cough , breathing difficulty (lie down) , wheezing , Chest pain

Upper Airway Cough Syndrome (UACS) :

- ❖ Previously known as "postnasal drip syndrome"
- ❖ characterized by abundant secretions from the upper respiratory tract that drip into the oropharynx and tracheobronchial tree, causing cough.
- ❖ Continuous coughing after recovering of an upper respiratory infection

Gastroesophageal reflux disease :

- ❖ Reflux of the gastric contents into the esophagus, upper airways and tracheobronchial tree (lung).
- ❖ Occurs when lying down
- ❖ Symptoms: **heartburn** , chest pain., difficulty swallowing (dysphagia) ,dry cough ,hoarseness or sore throat. regurgitation of food or sour liquid

Hemoptysis :

- ❖ Cough with expectoration of bloody sputum or blood

Medication :

- ❖ Chronic cough caused by some medications such as ACE inhibitors and β -blockers

Chief complain: Cough

Questions	indication
Time	
How long do you have a cough?	<p>Acute: <3 weeks Upper respiratory tract infection: Common cold, Sinusitis Lower respiratory tract infection: Pneumonia(fever), Acute bronchitis, Exacerbation of asthma or COPD, Irritation-inhalation of bronchial irritant (e.g. smoke)</p> <p>Chronic:>8 weeks Asthma, COPD, GERD, Bronchiectasis, Lung cancer, UACS, TB, Pulmonary embolism, Pulmonary edema, lung Abscess, drugs, Left ventricular failure, Smoking, Post-infection, Aspergillosis</p>
Does your cough worsen at?	<p>Night: Asthma, GERD, Heart failure Morning: COPD</p>
Is your cough worsen at particular season?	Asthma, UACS
Is the cough worsening over the time?	Bronchitis, Asthma, CHF, Lung cancer, Bronchiectasis
Has your cough lingered after recent cold of flu?	Post infectious cough ,UACS
Quality	
Do you cough up sputum?	<p>No (dry): GERD, Irritant cough, Postviral infection, Pulmonary fibrosis, ACEI Yes (productive):</p> <ul style="list-style-type: none"> ❖ Purulent or yellow-green: Bronchitis, Pneumonia, Sinusitis, Bronchiectasis, COPD exacerbation, TB, UACS ❖ Clear or whitish: Asthma, UACS, Smokers cough, Bronchitis ❖ Dark: Abscess ❖ Pink frothy : Pulmonary edema
Do you cough up large quantities of purulent sputum or sputum with foul odor?	Abscess, Bronchiectasis(worse at morning), Pneumonia
Do you cough blood? how much? how frequent?	TB(productive), Bronchiectasis(large amount), Bronchitis(small amount), Pulmonary embolism, Lung cancer, Aspergillosis
Is the cough acute and painful?	Laryngitis, Pertussis(whooping cough), Tracheitis(retrosternal pain with cough)
Does the cough awaken you from sleeping?	Asthma, Heart failure

Associated symptoms

Do you get breathlessness with exertion?	Asthma, CHF, COPD, Pneumonitis
Is your cough associated with wheezing?	Asthma, CHF
Is it associated with hoarseness?	GERD, UACS, Lung cancer*
Do you have a burning feeling in your throat in the night or early in the morning?	GERD, Allergic rhinitis
Do you have a sour taste in your mouth?	GERD
Have you ever been diagnosed with nasal allergies or chronic rhinitis?	UACS
Do you sleep with more than one pillow (orthopnea) or do you wake up choking or short of breath (paroxysmal nocturnal dyspnea)?	CHF, COPD, GERD, Obstructive sleep apnea
Is there a fever?	Pneumonia, Lung abscess, Cancer, TB

Fever, weight loss, loss of appetite, night sweat

Modifying factors

Do you cough during or after exercising?	Asthma, UACS, Allergic rhinitis
Do you cough when exposed to cold weather?	Asthma, UACS, Allergic rhinitis
Do you cough when you lying down?	GERD, CHF, Pulmonary edema, Bronchiectasis, Acute bronchitis
Does your cough improve with over-the-counter antihistamines?	UACS, Allergic rhinitis
Does pollen make it worse?	Asthma
Do you have any pets?	Asthma (cats), Psittacosis (parrots or any kind of birds)
Have you start a new medication?	ACE inhibitors, β -blockers

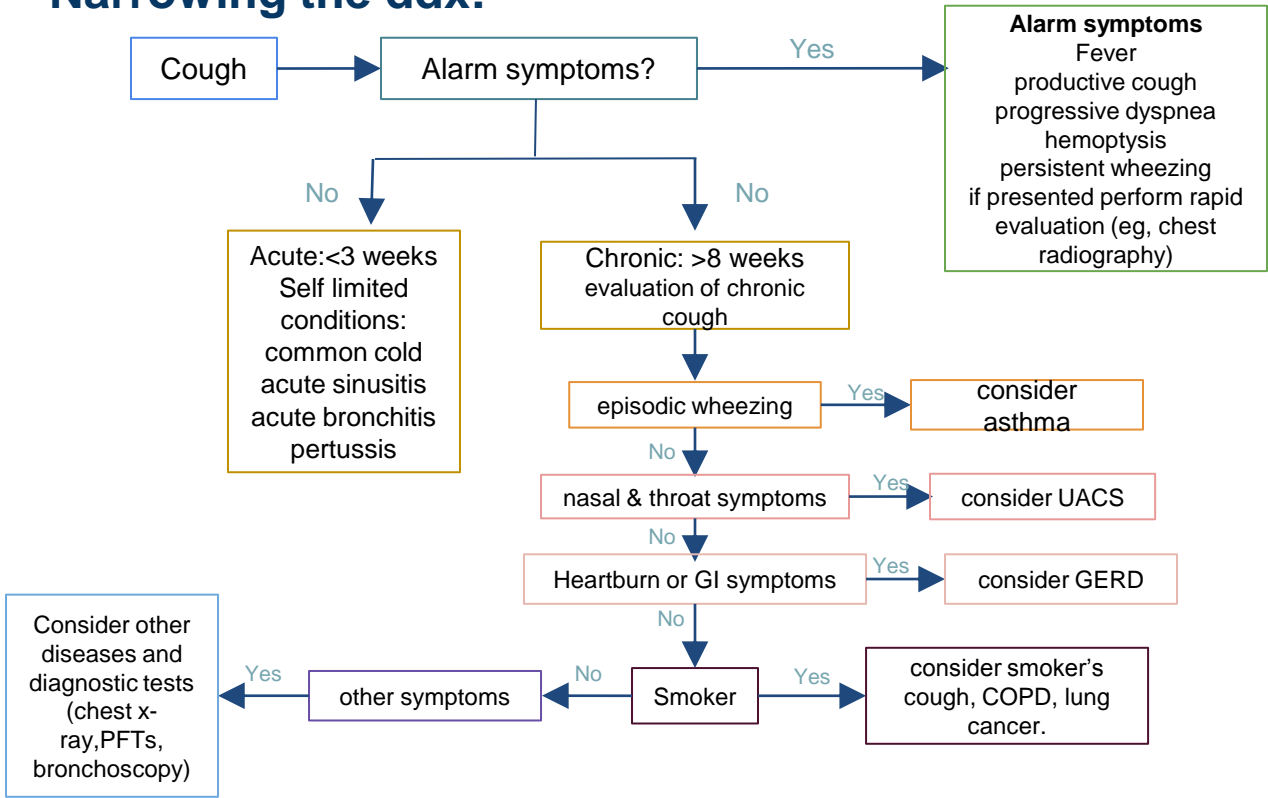
Past medical history

Have you had a heart or lung problem at the past?	
Do you have previous history of surgery procedures or hospital admissions?	
Blood transfusion or allergies?	

Family History	
Does anyone of your family members have similar problem?	
Social History	
Have you been smoker? Do you still smoke?	COPD
what is your occupation? you get exposure to?	Asthma, Asbestosis, COPD, Mesothelioma (toxic inhalant such as painting and asbestos) Asthma, Psittacosis (working with animals)
Have you recently travel to an endemic TB country?	TB
Systematic Review	

* Because of invading the left recurrent laryngeal nerve causing left vocal cord paralysis (recurrent laryngeal nerve palsy)

Narrowing the ddx:



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