Patient-Reported Variables Associated with the Success of Behavioral Intervention for Patients with Chronic Cough

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Results

Psychological

To create a valid screening tool that physicians can use to determine candidates for early referral to BCST.

Purpose

- To determine if there are patient-reported variables that are associated with success of BCST.
- To create a valid screening tool that physicians can use to determine candidates for early referral to BCST.

Participants

Adults with CC referred to an SLP for BCST (N=43)

<table>
<thead>
<tr>
<th></th>
<th>N</th>
<th>Mean Age</th>
<th>Male</th>
<th>Female</th>
<th>Mean Cough Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>BCST-S</td>
<td>30</td>
<td>49</td>
<td>4</td>
<td>26</td>
<td>34 months</td>
</tr>
<tr>
<td>BCST-NS</td>
<td>13</td>
<td>53</td>
<td>5</td>
<td>8</td>
<td>4 months</td>
</tr>
</tbody>
</table>

Procedures and Measures

Referral to SLP

Enrollment Survey (N=43)
- 52-items pertaining to symptoms, onset factors, and personality characteristics created by an expert panel (2 SLP’s, ENT, Pulmonologist, Allergist)
- Leicester Cough Questionnaire (LCQ) – a validated tool for assessing cough’s impact on quality of life
- Questions directed on type of treatment, compliance, cough status

Behavioral Cough Suppression Therapy (BCST)

Follow-up Survey every 3-4 weeks
- LCQ
- Current treatment and any changes, compliance, cough status

What is behavioral cough suppression therapy (BCST)?

- **Cough suppression strategies**: relaxing throat, breathing techniques, sipping water, swallowing hard
- **Vocal hygiene**: hydration, minimize clearing throat, do not overuse vocal cords or strain with screaming
- **Education/counseling**: reflux, post nasal drip, cough hypersensitivity syndrome and the rationale for cough suppression

Implications and Future Directions

Results indicate a successful screening tool can be created

- Increase number of participants (N of ~340)
- Include patients who improve with medical treatment alone
- Look closer at compliance, triggers, medical vs BCST contribution to improvement
- Eliminate non-relevant items
- Test validity

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McGarry, L. (2013). The difficult to treat, therapy-resistant cough: Why are current cough treatments not working and what can we do? Pulmonary Pharmacology & Therapeutics, 26, 528-531. doi:10.1016/j.pupt.2013.05.001

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