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

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PATIENT-REPORTED VARIABLES ASSOCIATED WITH THE SUCCESS OF BEHAVIORAL INTERVENTION FOR PATIENTS WITH CHRONIC COUGH
Serena Haller, Lyndsay Hutton, Emma Bozarth, Sarah Popp, Laurie Slovarp Ph.D., CCC-SLP-BCS-S

Introduction to Problem
Chronic Cough (CC), a cough that persists for more than 8 weeks, accounts for millions of visits to physicians each year. Approximately 10-20% of patients with CC do not respond to medical treatment. Many of these patients are successfully treated with behavioral cough suppression therapy (BCST); however, the medical model recommends exhausting all medical options before considering BCST. This model is expensive and time consuming for the patients whose cough is resolved with 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>80</td>
<td>56</td>
<td>11</td>
<td>69</td>
<td>12-24 months</td>
</tr>
<tr>
<td>BCST-NS</td>
<td>25</td>
<td>60</td>
<td>6</td>
<td>19</td>
<td>12-24 months</td>
</tr>
</tbody>
</table>

Procedures and Measures
- Referral to SLP
- Enrollment Survey (N=105)
  - 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

Cough sig. improved N=80
Cough not sig. improved N=25

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

Results
- Item reduction analysis currently in process
- LCQ Change Scores (Post-BCST – Pre-BCST)
- Significant differences from Pre-test LCQ scores to Post-test LCQ scores

Future Directions
• Item reduction analysis currently in process
• Plan to launch validity study in June 2018

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McGarvey, L. (2013). The difficult-to-treat, therapy-resistant cough: Why are current cough treatments not working and what can we do? Pulmonary Pharmacology & Therapy, 26(5), S28-S31. doi:10.1016/j.pupt.2013.05.003