



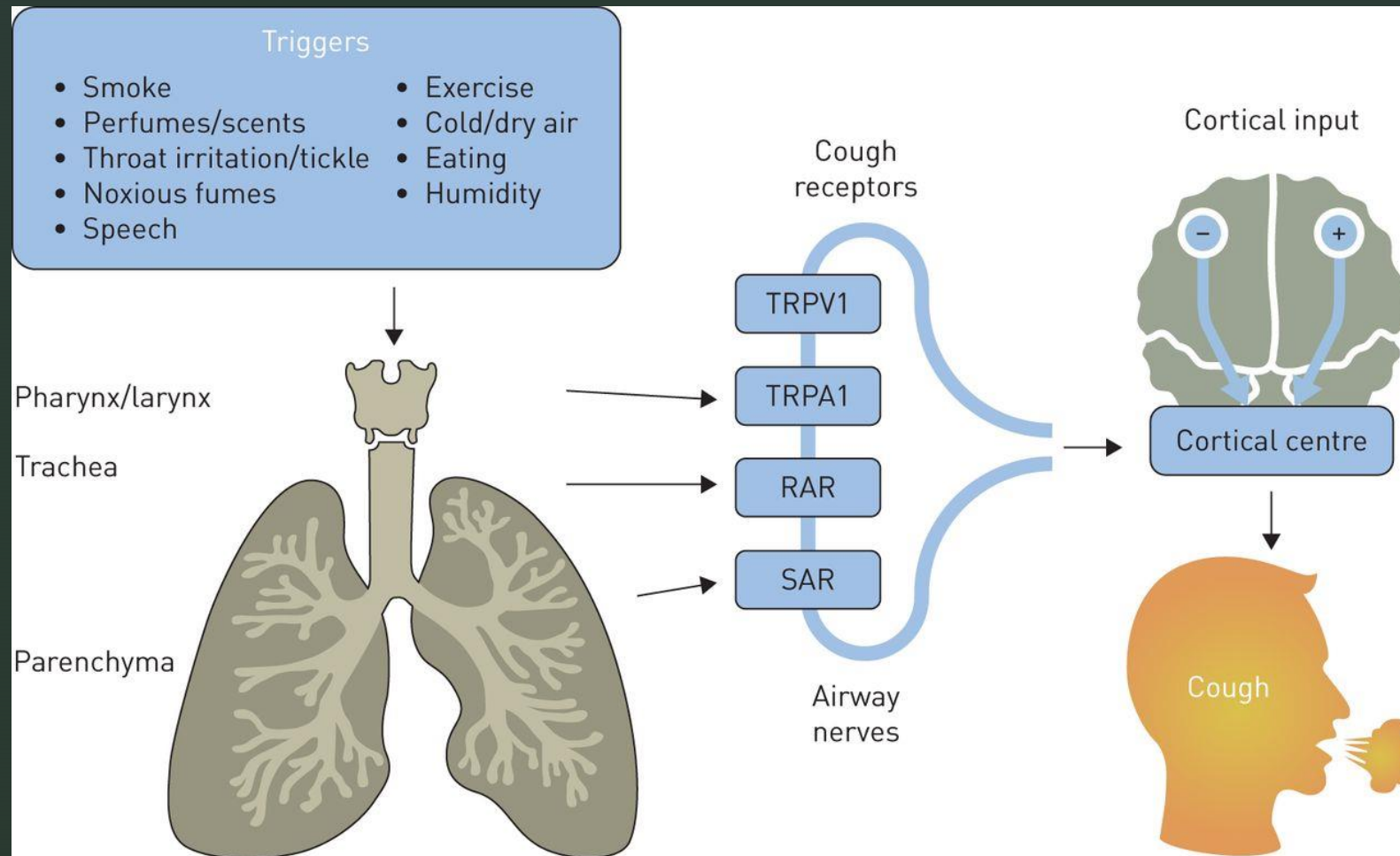
MANAGING COUGH



Erin Rose, RN, BSN

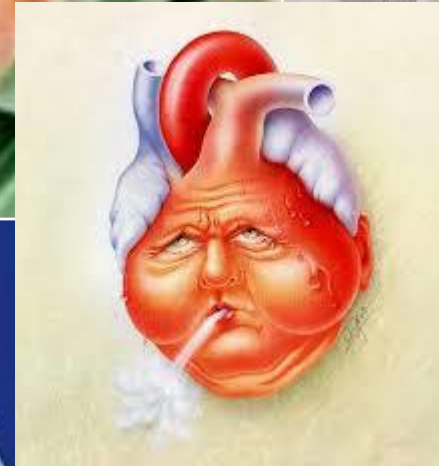
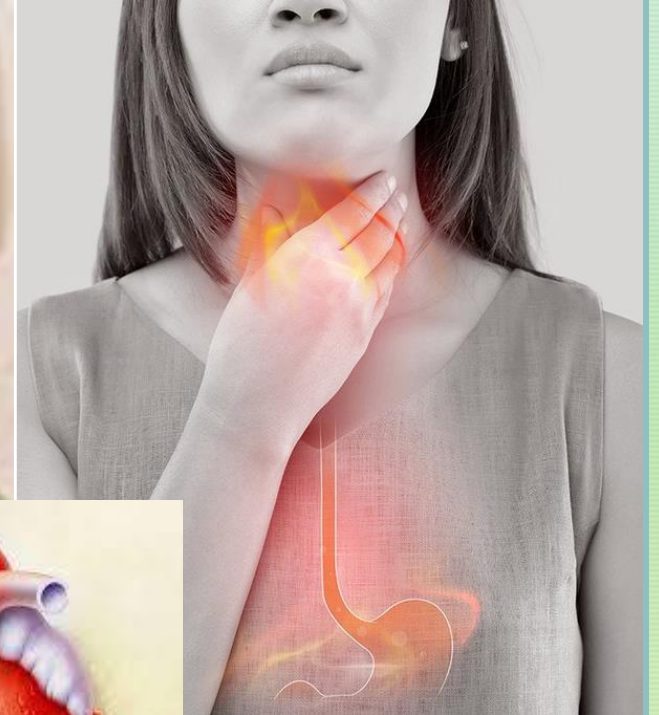
Brown Medicine Interstitial Lung Disease Program Clinical
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Such a simple word but NOT a simple body process!

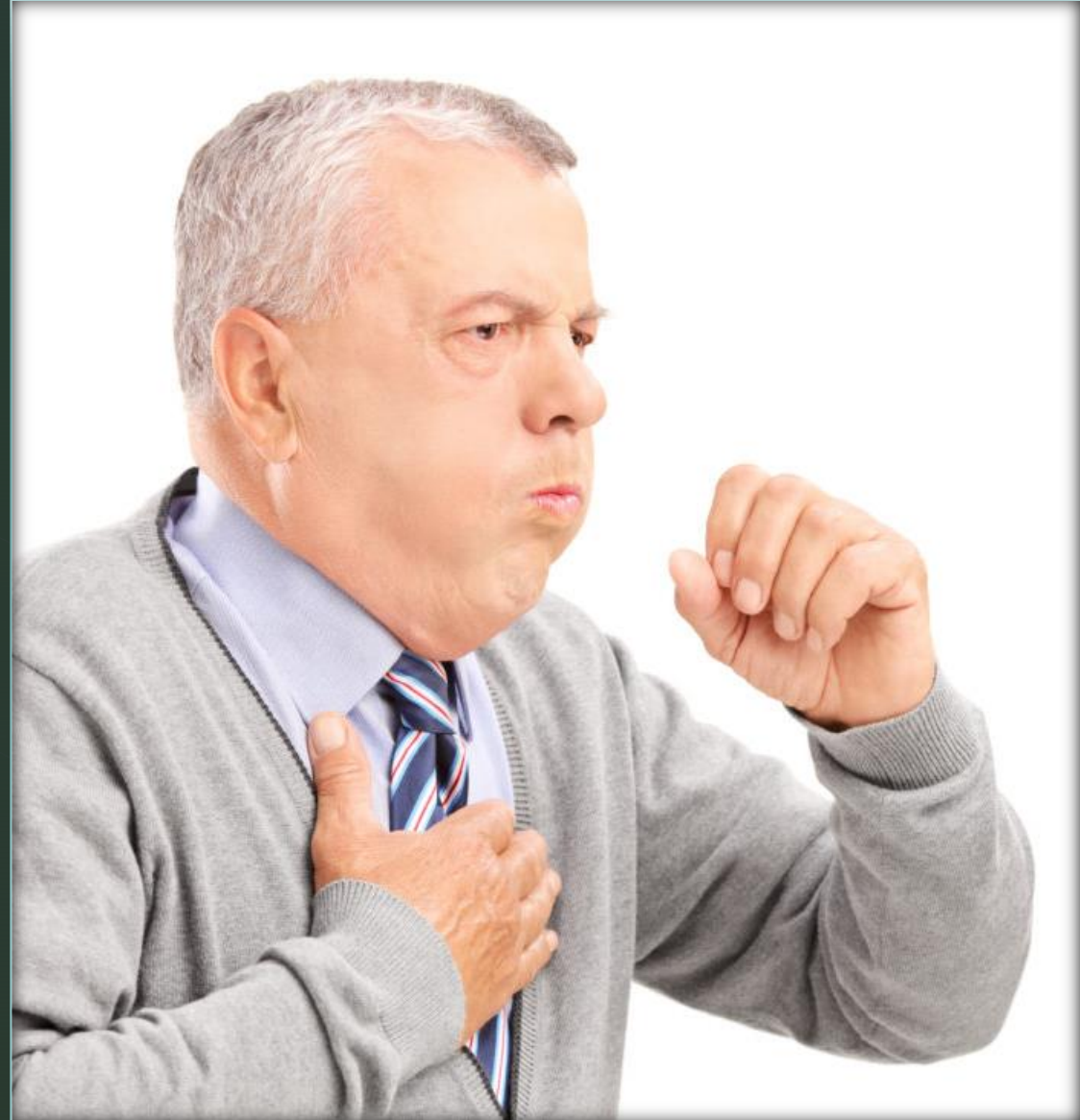


Is my cough from my fibrosis?

- Blame the fibrosis last! Have other causes of your cough managed before accepting that it is related to your fibrosis/interstitial lung disease.




**Ok I guess
my cough is
from my
fibrosis but
why do I
have a cough
and Bob
doesn't? We
both have the
same
disease.**



**...does it mean I
am sicker than
Bob?**

The short answer is-it depends





What can I do about this cough?

- Physical therapy
 - Airway management techniques
 - Speech therapy for cough avoidance
- Medications
 - Over the counters
 - Prescriptions
 - Homeopathic

Over the counters

- Lozenges
 - Cough lozenges
 - Can be menthol, sugar/honey based or have a mild anesthetic
- Cough syrups
 - Dextromethorphan
 - Guaifenesin
 - Avoid the cough syrups marked with a “-D” (i.e. Mucinex-D or Robitussin-D) but –DM is ok!



- Suppresses cough up to 4 hours
- Cools nasal passages



Peak Cold

- Relief of:
- Cough
 - Mucus
 - Chest congestion

Ages 12+
Alcohol-Free
Gluten-Free

4 FL OZ (118 mL)



Dosage Cup
Included

Prescription medications

- Tessalon Perles
- Neurontin
- Guaifenesin with codeine
- Guaifenesin with hydrocodone
- Morphine
- ? Antifibrotics (pirfenidone or nintedanib)
- ?Lyrica
- ?Thalidomide
- ?Gefapixant (phase 3 study)

Alternative remedies

- Acupuncture
- Honey
- Ice chips
- Sugar free candies
- Supplements-talk to your doctor!:
 - Quercetin
 - Bromelain
 - Thyme
 - Marshmallow



ACUPRESSURE PRESSURE POINTS FOR COUGH RELIEF

A ELEGANT MANSION (MIDDLE) PRESSURE POINT YOU CAN FIND IN THE HOLLOW MIDDLE OF YOUR COLLARBONE NEXT TO THE BOTH BREASTBONE.

B ELEGANT MANSION (LEFT) PRESSURE POINT YOU CAN FIND IN THE HOLLOW BELOW YOUR COLLARBONE NEXT TO THE BREASTBONE.

C ELEGANT MANSION (RIGHT) PRESSURE POINT YOU CAN FIND IN THE HOLLOW BELOW YOUR COLLARBONE NEXT TO THE BREASTBONE.

A HEAVENLY PILLAR (LEFT) BELOW THE BASE OF YOUR SKULL ON THE THICK MUSCLES 1 1/2 INCH OUT FROM EITHER SIDE OF YOUR SPINE.

B HEAVENLY PILLAR (RIGHT) BELOW THE BASE OF YOUR SKULL ON THE THICK MUSCLES 1 1/2 INCH OUT FROM EITHER SIDE OF YOUR SPINE.

A LOCATED ON THE INSIDE OF THE ELBOW STRIPES, PALMS UP, THE INSIDE AND OUTSIDE TO A FINGER'S BREADTH

B LOCATED IN BETWEEN POINT A AND POINT B TOO. IT IS NEAR ABOUT 7 INCHES (BETWEEN) FROM BOTH POINTS A & B

C LOCATED ON THE WRIST STRIPES, PALM UP, NEAR OUTER EDGE OF THE WRISTS.

SOURCE: ACUPRESSUREPOINTS.NET

An infographic on a yellow background showing three diagrams of the human body. The first diagram, labeled 'BODY FRONT', shows a silhouette with three points marked A, B, and C on the collarbone area. The second diagram, labeled 'BODY BACK', shows a silhouette with two points marked A and B on the neck area. The third diagram shows a hand with three points marked A, B, and C on the elbow and wrist areas. The text on the right side of the infographic provides detailed descriptions for each point.

**REMEMBER: IF IT WORKS FOR YOU-IT
WORKS!**

