

Croup

What is Croup?

Croup is a swelling (inflammation) of the upper airways. It is caused by a viral infection and therefore gets better by itself without the need for antibiotics. It occurs commonly in Autumn and Winter months and commonly affects children aged between 3 months and 3 years.

What are the symptoms of Croup?

Symptoms tend to come on quickly and often at night-time. They include:

- A “barking” cough
- Hoarse voice
- Fever
- Breathing faster than normal
- Stridor (a sound heard when you child breathes in)
- Difficulty in breathing
- Irritability and restlessness

My child has some of these symptoms. Why have we been sent home?

We do not always need to treat children with croup – it usually gets better by itself depending on how bad symptoms are. Sometimes, the symptoms can sound very dramatic and appear worse than they actually are. We have carefully assessed your child today and are reassured that their symptoms are mild enough to go home.

Your child may continue to have symptoms for a few days but this is normal provided there are no worrying signs (see later). Your child **has/has not** received a single dose of dexamethasone which is medicine that helps to reduce the swelling in the airways and may help your child get better quicker.

What can I do to help?

It is important to keep your child calm. Offer your child more drinks than usual to make sure they are well hydrated. You can give your child paracetamol and/or ibuprofen syrup (follow instructions on the packet) to make them feel better and relieve a temperature.

When should I seek help again?

Most children will continue to have mild symptoms at home for a few days. Sometimes, however, the condition can get worse and become dangerous. You need to bring your child back to the emergency department **immediately** if they develop the following:

- Noisier and more Difficult breathing
- ‘Pullin in’ around the ribs
- Restlessness or struggling to get air
- Becomes pale, grey or bluish

- Becomes more unhappy, looks frightened or starts to drool

If you have any other concerns or are worried about your child, we are happy to see them again in the Emergency Department.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day. If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:
Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>
www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB

Tel: 01527 512030

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ

Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD

Tel: 01905 760743