

Chronic Cough Case

Name

Institutional Affiliation

Introduction

Having a cough in a day might make you think something went through the wrong pipe but when the coughing exceeds one or two months triggers a different calling band unwanted fears. In some cases when a cough persists one might think of common diseases such as tuberculosis or bronchitis or pneumonia. But in the case of the patient there is no symptoms of hemoptysis i.e. Coughing up of blood stained mucus and also not showing any signs of wheezing or weight loss thus ruling out the chances of any of the above mentioned diseases. The patient being of 60 years plus there is need to know if the patient do smoke or does the cough interrupt sleep. This is because there are common coughs caused by lifestyle. For example one can have dry coughs related to the smoking habits.

Symptoms

Based on the symptoms that are exhibited by the patient he could be suffering from chronic cough from the fact that the patient has been coughing for three months now and there is no signs of hemoptysis loss of weight or even fever which mainly attribute to other coughing diseases (Capuno, 2018)¹. With a common symptom of nasal congestion. Also the patient may be allergic to dust and to cold weather.

Pharmacological management

In reference to the symptoms of the patient it's advisable to have a chest x-rays and also to take a sputum test in the laboratory for the final diagnosis. Then the patient should be

1

administered to use low dose oral morphine suspension which will help by significantly suppressing the cough and also help reducing the allergies brought by dust and cold weather.

References

Capuno, J. J., Tan Jr, C. A. R., & Javier, X. (2018). Cooking and coughing: Estimating the effects of clean fuel for cooking on the respiratory health of children in the Philippines. *Global public health, 13*(1), 20-34.

Vidri, R. J., & Ng, T. (2017). Acute Neck Swelling and Chest Pain after Forceful Coughing. *JAMA surgery, 152*(10), 976-977.

Wang, X. H., Li, Z., Wang, J. T., & He, B. (2017). The application of catheter ablation in a rare case with coughing-induced supraventricular tachyarrhythmias. *Clinical case reports, 5*(12), 2133-2135.