

Croup (Laryngotracheobronchitis)

Croup is a general term that describes a group of conditions characterized by edema and inflammation of the upper airway. The focus of this Picmonic is on the most common croup disorder - laryngotracheobronchitis, often abbreviated as LTB, which often leads to hospitalization. The other group disorders are acute epiglottitis, acute spasmodic laryngitis, and acute tracheitis.



PLAY PICMONIC

Mechanism

Parainfluenza Virus

[Parachuting-flute Virus](#)

This is the most common cause of croup, but inflammation of these airways is also caused by adenovirus, RSV, influenza A&B, and mycoplasma pneumoniae.

Assessment

3 Months to 3 Years

[\(3\) Tree Month-moon to \(3\) Tree Year-calendar](#)

The age of onset of this disorder is after 3 months of age but usually before 3 years.

Nighttime

[Night-sky](#)

Symptoms usually present with a sudden onset and at night.

Barking Seal Cough

[Seal with Coughing Coffee-pot](#)

Croup is classically identified by a loud seal-like barking cough due to inflammation of all of the airways.

Inspiratory Stridor

[Inspiring Spider](#)

Constriction of the airways due to inflammation causes decreased airway diameter. This causes a loud high pitched inspiratory stridor. Children without stridor are often treated at home.

Interventions

Cool Humidified Air

[Cold Air from Humidifier](#)

Treatments are aimed at decreasing inflammation and cool humidified air has long been used as a treatment, although its effectiveness has not been completely scientifically documented.

Dexamethasone

[Desk-moth](#)

Steroid medications like dexamethasone are given to decrease inflammatory processes of tissues in the body as treatments are aimed to decrease inflammation.

Racemic Epinephrine

[Race-car Epi-pen](#)

A specialized type of epinephrine named for its chemical properties is given in an aerosolized form. This medication is indicated for stridor or airway constriction due to inflammation, except epiglottitis.