

RECENT ADVANCES

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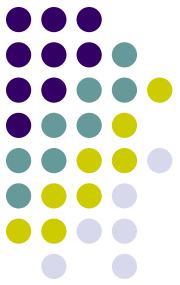
THE PUBLICATION



- **TOPIC:** Corticosteroids may help relieve Pain and fever of sore throat
- **DESIGN:** Systematic review and Meta analysis
- **REFERENCES:** Cochrane Central, Medline, Embase, Database of Reviews of Effectiveness, NHS Health Economics Database
- **JOURNAL:** British Medical Journal (BMJ)
- **DATE:** 07/08/09, online issue

SUBJECTS

- Total 743
 - Children 369
 - Adults 374
 - 8 Relevant trials





ENDPOINTS

- Percentage of patients with complete resolution of sore throat at 24 & 48 hours
- Mean time of onset of pain and fever relief
- Mean time to complete resolution of symptoms
- Days absent from school or work
- Recurrence of sore throat

RESULTS



- 4 trials showed significantly marked increase in likelihood of complete resolution of symptoms at 24 hours (relative risk 3.2; 95% & confidence interval, 2.0-5.1)
- In 6 trials, corticosteroids were associated with decrease by more than 6 hours in mean time to onset of pain relief (95% CI, 3.4-9.3; $P < .001$)

CONCLUSIONS



- Patients with severe sore throat would benefit from a single dose of steroids
- The use of steroids will
 - triple the likelihood of resolution at 24 hrs
 - Hasten this resolution by more than 6 hours



THANK YOU