

University of Montana

ScholarWorks at University of Montana

University of Montana Conference on Undergraduate Research (UMCUR)

Apr 28th, 11:00 AM - 12:00 PM

Patient-Reported Variables Associated with the Success of Behavioral Intervention for Patients with Chronic Cough

Emma Bozarth

University of Montana, Missoula, emma.bozarth@umontana.edu

Maira Ambris

University of Montana, Missoula

Laurie Slovarp

The University Of Montana

Sarah Popp

University of Montana, Missoula, sarah.popp@umconnect.umt.edu

Follow this and additional works at: <https://scholarworks.umt.edu/umcur>

Let us know how access to this document benefits you.

Bozarth, Emma; Ambris, Maira; Slovarp, Laurie; and Popp, Sarah, "Patient-Reported Variables Associated with the Success of Behavioral Intervention for Patients with Chronic Cough" (2017). *University of Montana Conference on Undergraduate Research (UMCUR)*. 4.
<https://scholarworks.umt.edu/umcur/2017/amposters/4>

This Poster is brought to you for free and open access by ScholarWorks at University of Montana. It has been accepted for inclusion in University of Montana Conference on Undergraduate Research (UMCUR) by an authorized administrator of ScholarWorks at University of Montana. For more information, please contact scholarworks@mso.umt.edu.

PATIENT-REPORTED VARIABLES ASSOCIATED WITH THE SUCCESS OF BEHAVIORAL INTERVENTION FOR PATIENTS WITH CHRONIC COUGH

Introduction to Problem

Chronic Cough (CC), a cough that persists for more than 8 weeks, accounts for millions of visits to physicians each year. Approximately 10-20% of patients with CC do not respond to medical treatment. Many of these patients are successfully treated with behavioral cough suppression therapy (BCST); however, the medical model recommends exhausting all medical options before considering BCST. This model is expensive and time consuming for the patients whose cough is resolved with BCST.

Purpose

- To determine if there are patient-reported variables that are associated with success of BCST.
- To create a valid screening tool that physicians can use to determine candidates for early referral to BCST.

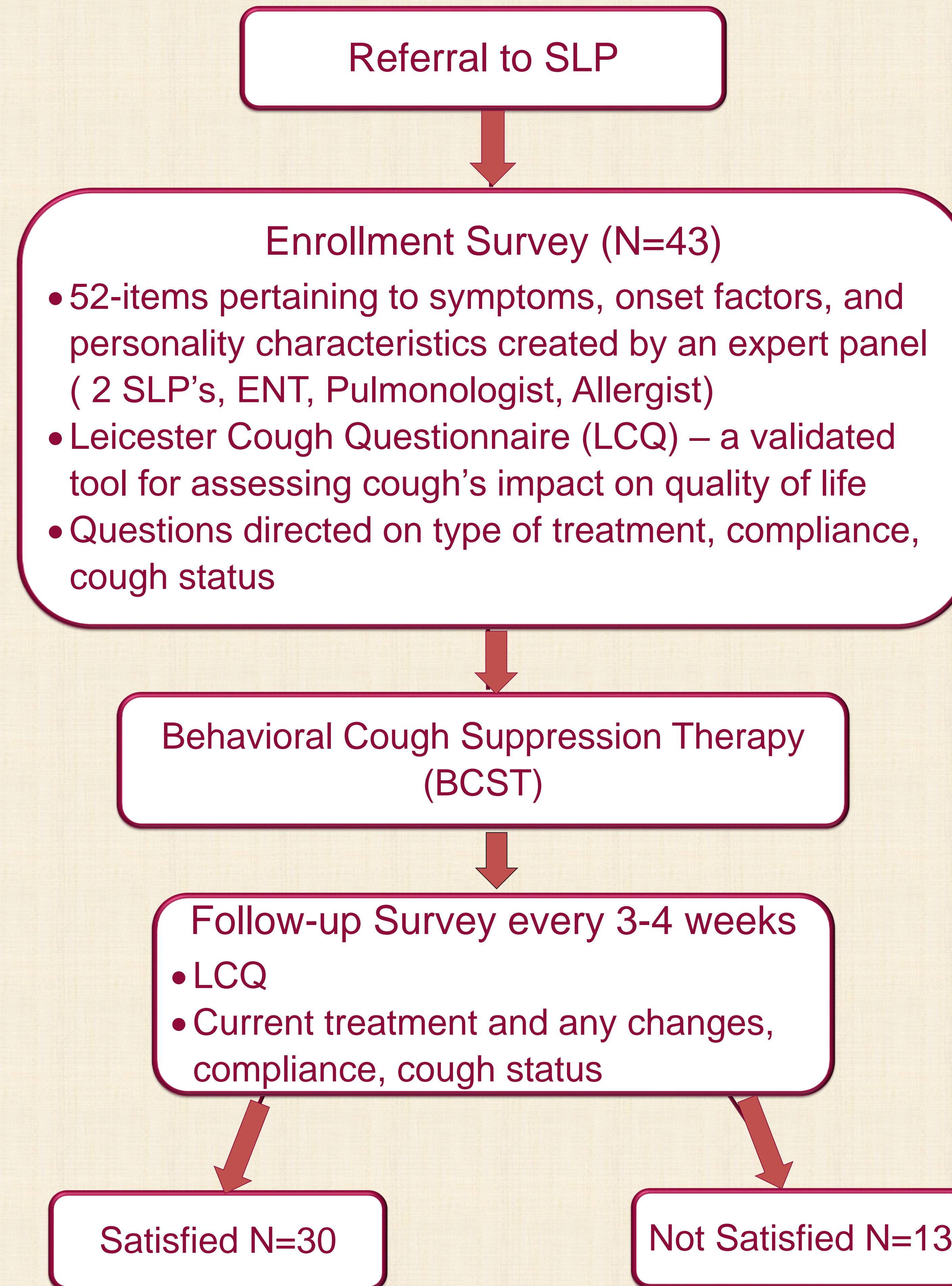
Participants

Adults with CC referred to an SLP for BCST (N=43)

	N	Mean Age	Male	Female	Mean Cough Duration
BCST-S	30	49	4	26	34 months
BCST-NS	13	53	5	8	4 months

This research is funded by the Mountain West Clinical translational Research-Infrastructure Network under a grant from the National Institute of General Medical Sciences. The principal investigator is Dr. Laurie Slovarp, PhD

Procedures and Measures

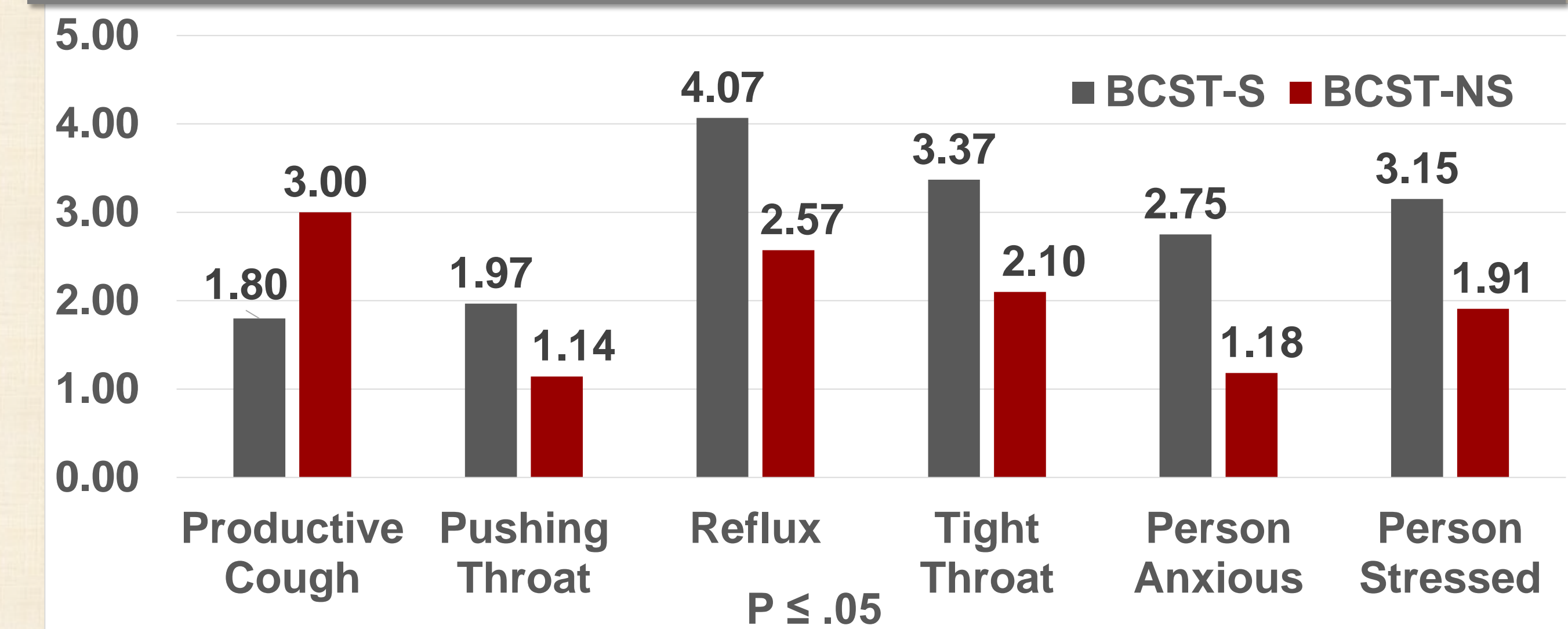


What is behavioral cough suppression therapy (BCST)?

- Cough suppression strategies:** relaxing throat, breathing techniques, sipping water, swallowing hard
- Vocal hygiene:** hydration, minimize clearing throat, do not overuse vocal cords or strain with screaming
- Education/counseling:** reflux, post nasal drip, cough hypersensitivity syndrome and the rationale for cough suppression

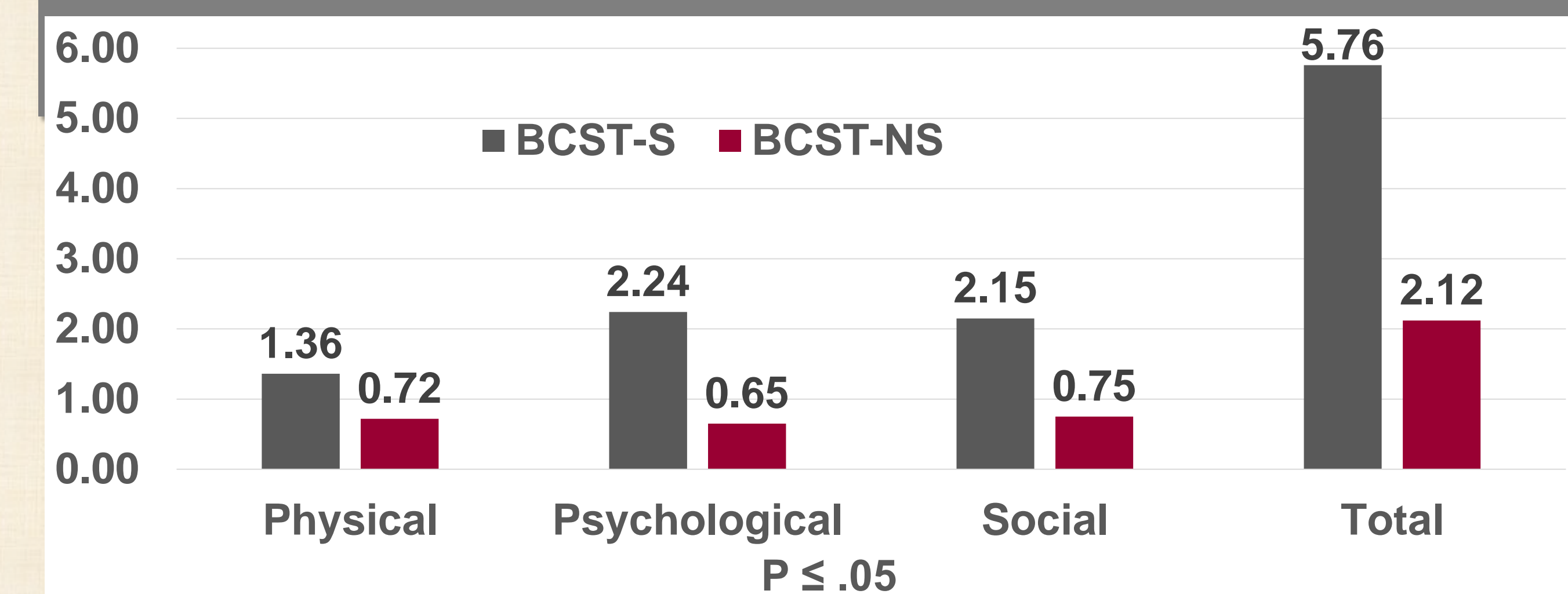
Results

Significant Differences in Patient-Reported Variables



No significant differences in onset factors, triggers or allergens

LCQ Change Scores



Significant differences from Pretest LCQ scores to Posttest LCQ scores

Implications and Future Directions

Results indicate a successful screening tool can be created

- Increase number of participants (N of ~340)
- Include patients who improve with medical treatment alone
- Look closer at compliance, triggers, medical vs BCST contribution to improvement
- Eliminate non-relevant items
- Test validity