

Evidence Based Practice Guideline:

Initial Evaluation & Management of Bronchiolitis

Purpose & Background

Bronchiolitis is a disorder commonly caused by viral lower respiratory tract infections in infants. Bronchiolitis is characterized by acute inflammation, edema, necrosis of epithelial cells lining small airways, and increased mucus production. The most common etiology of bronchiolitis is respiratory syncytial virus (RSV), with the highest incidence of infection occurring between December and March in North America. Other viruses that cause bronchiolitis include human rhinovirus, human meta-pneumovirus, influenza, adenovirus, coronavirus, and parainfluenza viruses. Bronchiolitis is the most common cause of hospitalization among infants during the first 12 months of life.¹ The purpose of this guideline is to reduce variation in the initial evaluation and management of bronchiolitis and to reduce the use of therapies shown to be ineffective in the first 24 hours of care.

Treatment Algorithm for Suspected Bronchiolitis in Urgent Care/Primary Care Physician

Treatment Algorithm for Suspected Bronchiolitis in the Emergency Department

Treatment Algorithm for Suspected Bronchiolitis with Inpatient Admission

Summary of Key Management Statements

- Clinicians should diagnose bronchiolitis and assess disease severity based on history and physical examination. Radiographic and laboratory studies should not be obtained routinely during an initial evaluation.
- Clinicians should assess risk factors for severe disease when making decisions about evaluating and managing bronchiolitis.
 Family and social circumstances that may affect the ability to follow up and/or provide supportive care should also be considered when making decisions regarding disposition.
- The treatment for bronchiolitis is largely supportive, focusing on nasal suctioning, maintaining hydration, and delivering oxygen as indicated.
- The following interventions are not routinely recommended: albuterol, nebulized hypertonic saline, or systemic corticosteroids. Antibiotics should not be administered unless there is a concomitant bacterial infection or a strong suspicion of concomitant bacterial infection.

Inclusion – Exclusion Criteria

- This guideline is intended for physicians, nurse practitioners, physician assistants, and nurses caring for pediatric patients with suspected bronchiolitis in the emergency department or inpatient care setting.
- Signs and symptoms typically begin with rhinitis and cough, which may progress to tachypnea, wheezing, rales, use of accessory muscles, and/or nasal flaring.
- Risk factors for severe disease include: current age of less than 12 weeks, a history of prematurity (born between 32-37 weeks), and immunodeficiency or immunocompromised.
- Infants with failure to thrive or malnourished, poor feeding (defined as 50% reduction in oral intake), or risk of dehydration require additional consideration for admission.

INCLUSION CRITERIA

a. 30 days to 23 months of age with viral symptoms +/- wheezing & increased work of breathing

EXCLUSION CRITERIA (excluded patients are at risk of deteriorating rapidly and require escalation of care, therefore, these pathways may not be appropriate)

- a. Born < 32 weeks gestation
- b. Cardiac disease requiring home medications
- c. Chronic lung disease or on home oxygen or requires airway clearance support at baseline for any reason
- d. Significant neuromuscular disease (requires assistance with breathing and/or feeding); known or suspected dysphagia
- e. Presenting with apnea
- f. Patient requiring immediate HFNC, CPAP, BiPAP or intubation for respiratory failure

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Clinical Bronchiolitis Score (CBS)

- No bronchiolitis score is accepted as a gold standard for assessing disease severity. Despite the importance and variety of tools that have been developed, few have been validated or are partially validated.²
- The Clinical Bronchiolitis Score (CBS) was developed locally to assess disease severity and assist staff in recognizing the need for additional treatment interventions, escalation of care, or readiness for discharge.
- The CBS below is intended to be performed at presentation/admission, clinical change/deterioration, or preparation for care transitions according to care setting treatment algorithms. A modified version is used for urgent care/PCP settings.

	0 – None	1– Mild	2 – Moderate	3 – Severe
Heart Rate	<2 mos: <160 bpm 2-11 mos: <150 bpm 1-2 yrs: <140 bpm	<2 mos: 160-180 bpm 2-11 mos: 150-170 bpm 1-2 yrs:140-160 bpm	<pre><2 mos: 181-200 bpm 2-11 mos:171-180 bpm 1-2 yrs: <161-170 bpm</pre>	<2 mons: >201 bpm 2-11 mos:>181 bpm 1-2 yrs: >171 bpm
Respiratory Rate	< 2 mos: < 60 bpm 2-11 mos: < 50 bpm 1-2 yrs: < 40 bpm	< 2 mos: 60-70 bpm 2-11 mos:50-60 bpm 1-2 yrs: 40-50 bpm	< 2 mos: 71-80 bpm 2-11 mos: 61-70 bpm 1-2 yrs: 51-60 bpm	<2 mos: > 81 bpm 2-11 mos: > 71 bpm 1-2 yrs: > 61 bpm
Oxygenation	SpO2 ≥93% on room air	SpO2 90-92% on room air	SpO2 88-89% on room air or SpO2 <u>></u> 93% on low flow/supplemental O2	SpO2 < 88 % on room air or SpO2 < 93% on low flow/supplemental O2
Work of Breathing	None	Belly breathing or mild subcostal retractions	Nasal flaring and/or moderate retractions (intercostal, tracheosternal, or subcostal)	Any severe retractions, head-bobbing, and/or grunting
Auscultation			Diminished breath sounds, diffuse wheeze, or marked prolonged expiration	Severe diffuse wheeze breath sounds becoming inaudible

Management & Treatment Guideline Statements

(See "How was this guideline developed?")

Guideline statements are followed by level of evidence quality and strength of recommendation.

- When clinicians diagnose bronchiolitis based on history and physical examination, radiographic or laboratory studies should not be obtained routinely.¹ (Evidence Quality: B; Strength: Moderate)
- Evidence supporting scheduled **nasal suction** is limited. Bulb nasal suctioning with or without suction tip (ex: Neosucker®) may be helpful before feeding or sleep or can be performed to alleviate work of breathing. Nasopharyngeal (deep) suctioning should be reserved for patients with moderate-severe distress.^{1,4,7} (*Evidence Quality: Very Low; Strength: Strong [local consensus* statement])
- Clinicians should not administer albuterol to infants 1-12 months of age with bronchiolitis.^{1,3} (Evidence Quality: High; Strength: Strong)
 - Clinicians can consider an albuterol trial in infants > 12 months with features suggestive of possible asthma, such as recurrent wheeze, family history of asthma, and prior inhaled corticosteroid use.^{1,3,4} (*Evidence Quality: Low; Strength: Weak*)
- Clinicians should initiate supplemental oxygen if the oxyhemoglobin saturation is persistently < 90% when awake or persistently less than 88% when sleeping.^{1,4} (Evidence Quality: Very Low; Strength: Weak [local consensus statement])
 - Clinicians should not initiate continuous pulse oximetry for pediatric patients that do not require oxygen supplementation. Discontinue continuous pulse oximetry monitoring with maintained SpO2 > 90% for 4 hours once off supplemental O2.^{1,7}(Evidence Quality: Very Low; Strength: Strong [local consensus statement])
- Clinicians should administer nasogastric or intravenous fluids for infants diagnosed with bronchiolitis who cannot maintain hydration orally.¹ (Evidence Quality: High; Strength: Strong)
 - Neither fluid modality is superior. Enteral tube insertion is more successful at first attempt and intravenous fluid group is more likely to change therapy modality and have local complications.⁵
 - Give intravenous fluids to infants clinically dehydrated requiring volume resuscitation, concern for safe feeding due to
 escalating respiratory distress, and/or necessitating admission to pediatric intensive care unit.⁵ (Evidence Quality: Moderate;
 Strength: Strong)
 - Give enteral fluids in infants unable to take oral fluids. Give intravenous hydration if not tolerating enteral hydration. (Evidence Quality: Moderate; Strength: Weak)
- When High Flow Nasal Cannula (HFNC) is warranted for infants with bronchiolitis and initiated outside of the ICU setting use a weight-based protocol, with a starting flow of 1.5 L/kg/min (max 20 LPM).⁶ (Evidence Quality: Moderate; Strength: Strong)
- Clinicians should not administer systemic corticosteroids to infants with a diagnosis of bronchiolitis in any setting.^{1,4,7} (Evidence Quality: A; Strength: Strong)
- Clinicians should not administer **nebulized hypertonic saline** in any care setting.^{1,4,7} (Evidence Quality: Low; Strength: Strong)
- Clinicians should not administer antibacterial medications to infants and children diagnosed with bronchiolitis unless there is a concomitant bacterial infection, or a strong suspicion of one.^{1,4,7} (Evidence Quality: B; Strength: Strong)

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High Flow Nasal Cannula Initiation Pause (HIP)

- A HIP is similar to a timeout or huddle and is recommended for a bronchiolitis score of 5-8.
- During the huddle, the team discusses need for escalation and attempts other interventions before initiating HFNC.
- The goal of the HIP is to reduce premature or unnecessary HFNC use.

Discharge Criteria and Discharge Education

- In general, infants may be safely discharged home with a bronchiolitis score 0-4, able to maintain oxygen saturation, > 90% on room air, and able to maintain hydration.
- The following components of discharge education are recommended to be delivered to families prior to discharge:
 - Bulb suction
 - Need for frequent, small feeds
 - Return precautions
 - Smoking cessation handout as indicated
 - When/how to follow up with PCP

Major References:

- 1. Ralston et al. Clinical Practice Guideline: The Diagnosis, Management, and Prevention of Bronchiolitis. *Pediatrics* (2014) 134 (5): e1474–e1502. https://publications.aap.org/pediatrics/article/134/5/e1474/75848/Clinical-Practice-Guideline-The-Diagnosis
- Rodriguez-Martinez, CE. et al. Systematic review of instruments aimed at evaluated the severity of bronchiolitis. *Pedaitr Respir Rev.* 2018; 25:43-57. doi:10.1016/j.prrv.2016.12.006
- 3. Gadomski AM, Scribani MB. Bronchodilators for bronchiolitis. Cochrane Database of Systematic Reviews 2014, Issue 6. Art. No.: CD001266. doi: 10.1002/14651858.CD001266.pub4
- 4. Bronchiolitis in children: diagnosis and management. NICE. NG9. 2021. https://www.nice.org.uk/guidance/ng9
- 5. Gill PJ, Anwar MR, Kornelsen E, Parkin P, Mahood Q, Mahant S. Parenteral versus enteral fluid therapy for children hospitalised with
- bronchiolitis. Cochrane Database of Systematic Reviews 2021, Issue 12. Art. No.: CD013552.DOI:10.1002/14651858.CD013552.pub2.
 Dafydd C, Saunders BJ, Kotecha SJ, et al. Efficacy and safety of high flow nasal oxygen for children with bronchiolitis: systematic review and metaanalysis. BMJ Open Resp Res 2021; 8:e000844.
- 7. Australasian Bronchiolitis. PREDICT.2022. https://www.predict.org.au/bronchiolitis-guideline

How was this guideline developed?

- This guideline was developed by a multi-disciplinary group of caregivers and subject matter experts experienced in the management of infants with bronchiolitis.
- The team first reviewed three high quality published national/international guidelines conducted in the US, Europe, and Australia/New Zealand from the AAP, NICE, and PREDICT, respectively.
- The team also reviewed two Cochrane systematic reviews and other primary literature to supplement the guidelines where further evidence was sought. Key references are cited.
- Guideline statements directly adopted from national guidelines are cited, and the original evidence levels and recommendation strengths were retained according to the group's guideline framework. See reference links for additional detail.
- The local guideline team used the Grading of Recommendations Assessment, Development, and Evaluation (GRADE) framework to assign evidence levels and recommendation strengths when evidence was sufficient. Local consensus statements that are not graded should be interpreted as low-level evidence.

Acronyms and Abbreviations

AAP	American Academy of Pediatrics
BS	Bronchiolitis Score
GRADE	Grading of Recommendations Assessment, Development, and Evaluation
HFNC	High Flow Nasal Cannula
HIP	High Flow Nasal Cannula Initiation Pause
NG	Nasogastric
NICE	National Institute for Health and Care Excellence
PREDICT	Paediatric Research in Emergency Departments International Collaborative

Disclaimer: Practice recommendations are based upon the evidence available at the time the clinical practice guidance was developed. Clinical practice guidelines (including summaries and pathways) do not set out the standard of care and are not intended to be used to dictate a course of care. Each physician/practitioner must use his/her independent judgement in the management of any specific patient and is responsible, in consultation with the patient and/or the patient's family, to make the ultimate judgement regarding care.

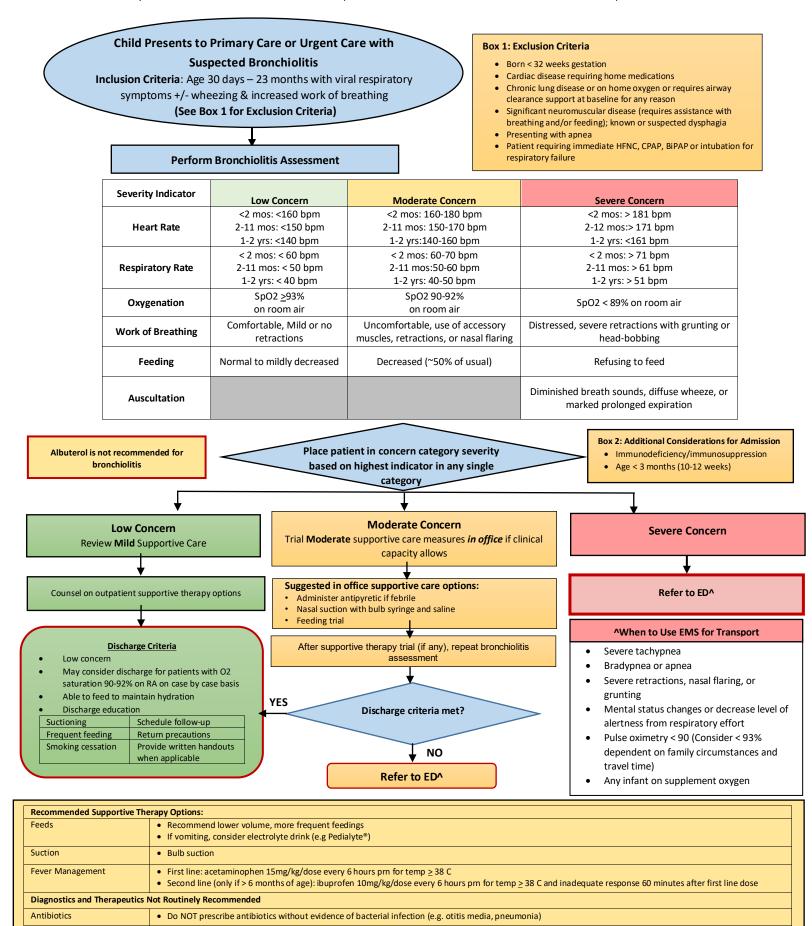
If you have questions about any of the clinical practice guidelines or about the guideline development process please contact the Rainbow Evidence Practice Program at <u>RainbowEBPprogram@uhhospitals.org</u>

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Albuterol

Viral Testing Chest X-ray

Other Therapeutics



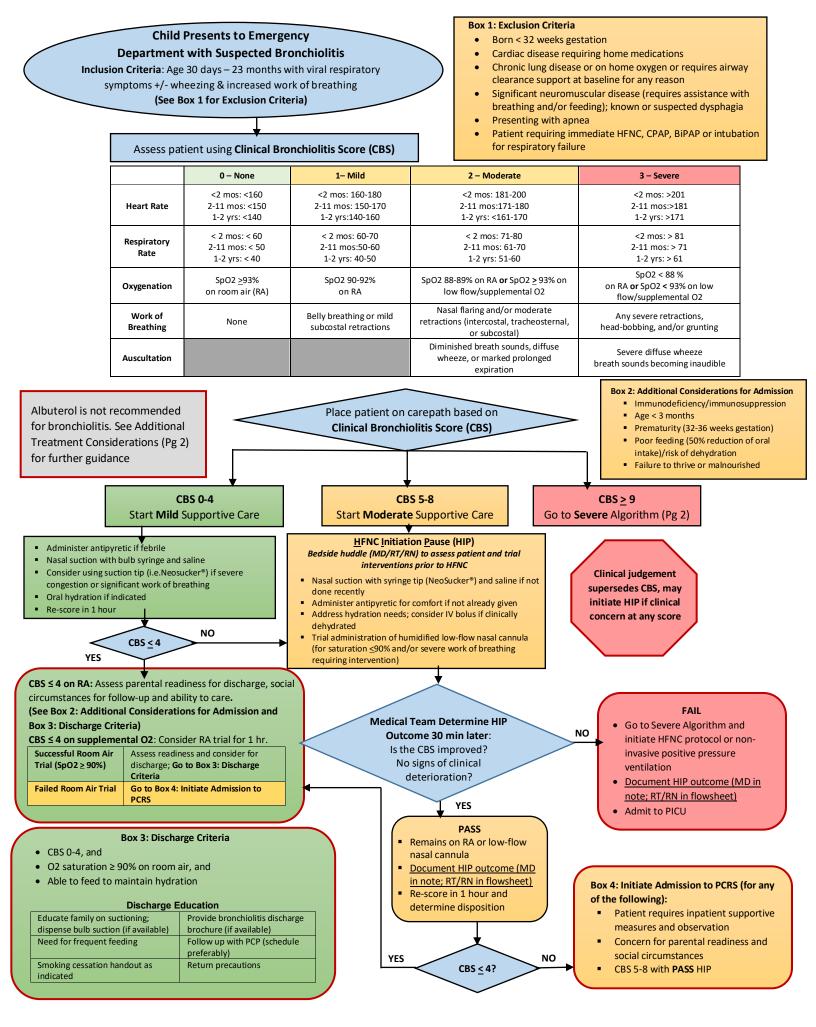
• Studies have shown NO benefit for albuterol treatment in infants with typical bronchiolitis. (An albuterol trial may be considered in children with features

suggestive of possible asthma, such as: recurrent wheezing, age > 12 months, family history of asthma, prior inhaled corticosteroid use)

Viral testing is NOT routinely recommended but may be considered for infection control purposes and shared decision making with family

• Corticosteroids and nebulized hypertonic saline are NOT recommended for bronchiolitis

Chest X-ray is NOT recommended in initial evaluation of uncomplicated bronchiolitis



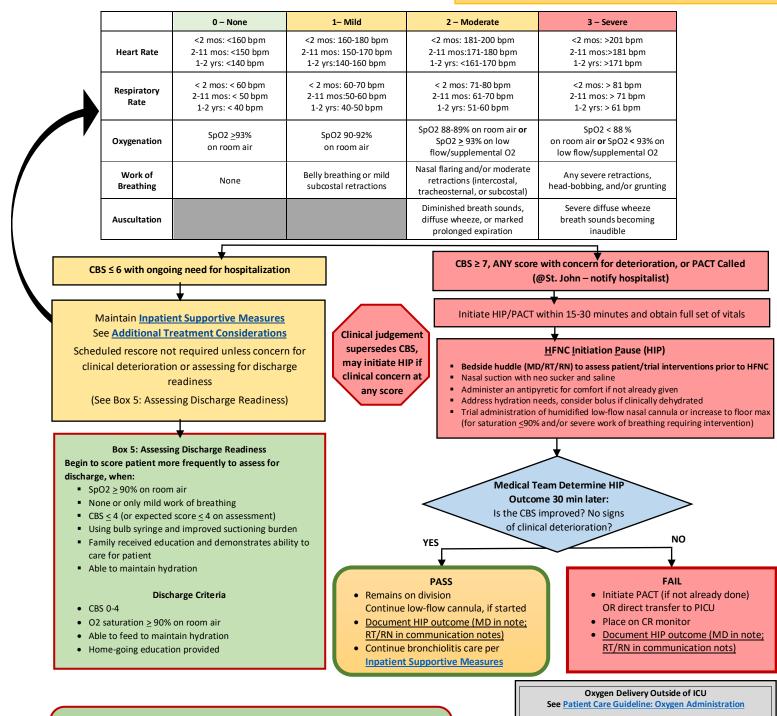
Pediatric Inpatient Admission for Bronchiolitis

Inclusion Criteria: Age 30 days – 23 months with viral respiratory symptoms +/- wheezing & increased work of breathing (See Box 1 for Exclusion Criteria)

Assess with Clinical Bronchiolitis Score (CBS) on admit, transfer, or change in status (Ex: concern for clinical deterioration or change in PEWS)

Exclusion Criteria:

- Born < 32 weeks gestation
- Cardiac disease requiring home medications
- Chronic lung disease or on home oxygen or requires airway clearance support at baseline for any reason
- Significant neuromuscular disease (requires assistance with breathing and/or feeding); known or suspected dysphagia
- Presenting with apnea
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Discharge Education				
Provide bronchiolitis discharge brochure (if				
available)				
Follow up with PCP (schedule preferably)				
Return precautions				

See <u>ratient care duidenne. Oxygen Administration</u>			
Low Flow Nasal	Infants (0-10 kg) on < 2 LPM		
Cannula	Pediatric patients (10-20 Kg) on <u><</u> 4 LPM		
High Flow Nasal Cannula	May be initiated in ED or PICU only; may be initiated on general divisions at discretion of PICU service while awaiting transfer to PICU		