

Treating the Common Cold

An Expert Panel Consensus Recommendation for Primary Care Clinicians

COURSE EVALUATION

- Were the following objectives met?
 - Review the evidence-based research regarding nonprescription cough and cold preparations.
YES NO
 - Evaluate the usefulness of zinc, vitamin C, and echinacea in managing the symptoms of the common cold.
YES NO
 - Differentiate the relative value of nonprescription products used to manage the symptoms of cold and cough.
YES NO
- The following statements refer to the program as a whole. Read each statement and circle the number that corresponds to the ONE response that best expresses your opinion about the statement. Use the scale:
1 = Poor; 2 = Fair; 3 = Good; 4 = Very Good; 5 = Excellent
 - The objectives were related to the overall purpose/goal.
1 2 3 4 5
 - Material avoided commercial bias or influence.
1 2 3 4 5
 - Material and format was clear and informative.
1 2 3 4 5
 - The learning resources were effective.
1 2 3 4 5
 - Content was useful, relevant, and timely to clinical practice.
1 2 3 4 5
- Give an example of how the information you learned will alter your practice.

Completion time: Document the time for completion of this program: ___hours ___minutes

Course Evaluation and Post-test

This independent study activity is jointly sponsored by *FnP Associates, LLP* and the Illinois Academy of Family Physicians/Family Practice Education Network (IAFP/FPEN). This article is approved for 1.8 contact hours in pharmacology by the Washington State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approval is for 1 year beginning with the distribution date of December 31, 2004.

This continuing education activity is provided to you at no charge.

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- Follow the instructions for submitting the Course Evaluation, Post-test, and Registration Information on this website.
- Or, mail or fax the completed Course Evaluation, Post-test, and Registration Information to:

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POST-TEST

In the space provided, indicate whether each item is True (T) or False (F).

- The primary consideration in the differential diagnosis of an acute upper respiratory tract infection (ARTI) is to rule out a more serious illness that would require more aggressive treatment.
- The presence of thick, discolored mucus in a patient with ARTI is frequently indicative of bacterial infection.
- Combination nonprescription cough and cold products are often more useful than single-agent products because they can alleviate multiple symptoms of ARTI.
- Topical decongestants are moderately effective in adults for short-term relief of nasal congestion associated with the common cold. However, use should be limited to 2 to 3 days to avoid rebound nasal congestion.
- Antihistamines are considered primary nonprescription therapy for treating the symptoms of nasal congestion, rhinorrhea, and sneezing in patients with the common cold.
- Using an expectorant such as guaifenesin, in combination with an antitussive, is more effective than using either agent alone to thin and remove excess respiratory secretions.
- Although data to support the use of zinc and vitamin C for cold prophylaxis and treatment are limited, some positive evidence supports their use.
- Patients who choose to use zinc supplements should be advised to initiate therapy as soon as possible after the first symptoms of a cold develop, ideally within 24 hours of onset.
- The benefit of echinacea in treating symptoms of the common cold is unclear; however, clinicians should advise their patients who use echinacea that it must be taken for more than 2 months to have any effect.
- Antimicrobial therapy is not recommended for the treatment of ARTI in children or adults.

Registration Information

Signature _____

Name (print) _____

Degree _____

Specialty (circle): FNP ANP GNP WHNP PNP Psych/Mental Health NP ACNP Other (specify): _____

Address _____

City _____ State _____ Zip _____

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