

## ACEP Statement on Antitussives

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- Antitussive agents (both by prescription and over the counter) are frequently used in the pediatric population
- [ACEP Policy statement](#) in 2020 argues against their use
- Codeine containing medications
  - ACEP supports FDA statement
  - Do not use in pediatric patients < 12 or in those 12-18 who are obese, have sleep apnea or underlying lung disease due to risk of apnea and death
- Dextromethorphan containing medications
  - Risk of side effects is high
  - Abuse potential particularly in older children
- Benzonatate containing medications
  - Benzonatate is active ingredient in Tessalon pearls
  - Recommend against due to lack of efficacy and potential side effects
  - Side effects: restlessness, tremor, seizures, cardiac arrest
- Studies have not shown benefit for dextromethorphan, promethazine, echinacea or inhaled corticosteroids over placebo
- Honey
  - Shown to be superior to placebo in children > 1 year of age
  - Avoid in children < 1 year of age for concern for botulism

### Links:

- <https://www.acep.org/patient-care/policy-statements/use-of-antitussive-medications-in-the-pediatric-population/>
- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD007094.pub5/full>

## Cardiology Corner: Kounis Syndrome

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- Kounis Syndrome is an acute coronary syndrome caused by an allergic reaction.
- It is named for Nicholas Kounis, who in 1991 coined the term “allergic angina.”
- The syndrome is associated with MAST cell activation, histamine reaction, and platelet aggregation. This inflammation results in coronary plaque rupture, with or without vasospasm.