

# Stridor in a Child

(Usually inspiratory noise, can be expiratory; high or low pitched)  
When does child have stridor? How long has it been happening?

**Stridor Red Flags:**  
 → Present at birth  
 → Biphasic  
 → Abnormal Voice  
 → Poor feeding, growth  
*(If Red Flags present, investigate with Laryngoscope +/- bronchoscope)*

## Present since birth/infancy

→ All cause respiratory distress

## Not present since infancy

### Non-Acute onset

### Acute Onset

### Congenital Tracheal Lesions

### Congenital Larynx Lesions

### Hemangioma (<5%)

### Subglottic stenosis (20%)

→ Fixed obstruction so biphasic stridor  
 → Can be acquired (from intubation) or congenital.

### Vocal Cord Dysfunction (13%)

→ Inspiratory stridor  
 → Can be congenital neurological vocal cord paralysis (uni or bi-lateral)  
 → Or can be acquired: s/e of cardiac surgery

### Papilloma

→ From HPV infection

### Afebrile

### Croup or Atypical Croup

→ Sudden night-time Barking cough, coryza, hoarseness  
 → Commonly a viral inf'n: parainfluenza (in the fall)  
 → Typically: 3m-3yr old  
 → Atypical: <3mo, >6yr  
 → Tx: nebulized epinephrine (to dilate airways), systemic steroids

### Febrile

→ Child Looks sick

### Bacterial tracheitis

→ Tracheal infection by *S aureus*, Grp A *Strep*, or *Strep pneumo*.  
 → Usually post-viral infection  
 → 1-8 yrs old  
 → Muffled voice  
 → Wants to cough, but too painful (trachea too tender)  
 → Tx: **emergent airway stabilization**, NPO, analgesia (↓ pain and allow kid to cough), antibiotics

### Epiglottitis

→ Epiglottitis Infection by *Hemophilus influenzae* type B in non-immunized child **(rare if immunized)**  
 → Quiet child In "sniffing position": head extended forward + up, to open airway maximally  
 → **Droling** due to pain from swallowing  
 → Tx: **emergent airway stabilization**, antibiotics

### Mono-nucleosis

### Abscess:

→ Peri-tonsillar or retro-pharyngeal.

### Common features of these congenital lesions:

→ Present in the neonatal period + progressive  
 → Interferes with feeding, sleeping  
 → Associated with poor growth and other congenital abnormalities