COCHRANE PRIMARY HEALTH CARE FIELD

PEARLS

Practical Evidence About Real Life Situations

Intranasal corticosteroids may improve nasal obstruction symptoms in children with adenoidal hypertrophy

Clinical question	How effective are intranasal corticosteroids for improving nasal airway obstruction in children with moderate to severe adenoidal hypertrophy?
Bottom line	Limited evidence suggests intranasal corticosteroids may significantly improve nasal obstruction symptoms in children aged 0–12 years with moderate to severe adenoidal hypertrophy, and this improve•ment may be associated with a reduction of adenoid size. Given the potential clinically relevant benefits and relatively good tolerability of intranasal corticosteroids, these drugs may be indicated as an alternative treatment for children with moderate to severe adenoidal hypertrophy when adenoidectomy is not urgently required or not available.
Caveat	Numerous methodological flaws could be observed in the included studies and these may weaken the strength of evidence provided in this review.The trials lasted from 8 to 24 weeks.The optimal duration of treatment, minimum adequate dosage, and risk of adverse events, including adrenal suppression and growth retardation, need to be explored in future studies.
Context	Adenoidal hypertrophy is a common childhood condition, and represents one of the most frequent indications for surgery in children. Commonly, medical management is limited to the treatment of concurrent infections and the complications of adenoidal enlargement.1
Cochrane Systematic Review	Zhang L et al. Intranasal corticosteroids for nasal airway obstruction in children with moderate to severe adenoidal hypertrophy. Cochrane Reviews 2008, Issue 3. Article No. CD006286. DOI:10.1002/14651858.CD006286.pub2. This

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review contains 5 trials involving 349 participants.
PEARLS 96, October 2008, written by Brian R McAvoy

[references]
1. Sclafani AP et al. Pediatrics 1998; 101:675–681.