

# 상기도 감염에 대한 근거중심처방

## Evidence - based Upper Respiratory Infection Prescription

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### Abstract

Common cold is the most frequent illness encountered in general practice. Several viruses can cause common cold, but rhinoviruses are by far most common. Treatments have included symptomatic measures, pharmacological blockers, and specific antiviral agents, as well as drugs with yet unestablished mechanism of action. A systematic, evidence - based assessment based on the relevant literature is imperative for rational selection of treatment modality for patients with a common cold. Alleviation of symptoms remains the only proved way to manage common cold. First generation antihistamines, anticholinergics, and  $\alpha$ -agonists effectively reduce rhinorrhea and sneezing but have minimal effects on other symptoms. Antitussive agents are probably of minimal benefit. Over - the - counter cold treatments are effective only in adults and adolescents. Antiviral drugs such as interferon  $\alpha$  - 2b are effective only if taken before symptoms develop. Primary care physicians need to identify those patients with acute pharyngitis who require specific antimicrobial therapy and to avoid unnecessary and potentially deleterious treatment. In most cases, differentiation between these two types of infection can be accomplished easily if the physician considers the epidemiologic setting, the history, and the physical findings, plus the results of a few readily available laboratory tests. When antimicrobial therapy is required, the safest, narrowest - spectrum, and most cost - effective drugs should be used.

**Keywords :** Upper respiratory infection; Evidence - based medicine; Drug therapy

: ; ;

(common cold, ),

, , , ,

(croup)

1.

Rhinovirus Coronavirus가

40 ~ 45% ,

parainfluenza virus, respiratory syncytial virus, influenza virus, adenovirus 10 ~ 15%

가

10 ~ 15%

5 가

가

가

2~4 , 8~10 . , , , adenivirus , 가 , 가 가 rhinovirus . 가 , , , 가 , , , 가 , , , 3. C 가 C 가 10% 가 , , , (rhinosinusitis) 가 , , , 가 , , , 10 , , , 30~40% , , , Group A beta hemolytic streptococcus(GABHS) , 15~30%, 5~10% , , 2. (patchy infiltration) 1~3 , 2~4 1 가 .

1.		
(GABHS 가 )		
> 39	+1	
	+1	* : - 1, - 2 : 5~10%
	+1	0, 1, 2 : 25~40%
	-1	3 : > 50%
	-1	

가

. 1

GABHS

(throat culture)가 가 90%

1~2

(rapid antigen - detection test)  
enzyme - immunoassay

GABHS

95%

가 80~90%

test GABHS

가

가

rapid

( , , ,

, , )

1) (Anti - tussive),

Codein dextromethorphan

. codeine dextromethorphan

가

.

가 , dex-

tromethorphan

가 .

codein

가 .

levodropropizine dextromethro-

phan

가

. ivy leaf extract

가 .

- adnergic drug

가

2) (Expectorants),

(Mucolytics)

guaifenesin

가 .

bisolvon

가

가

(8.6~

1.

15.2%,  $P < 0.02$ ).

13%가

3) ,  
1

5) Non - Steroidal Anti - Inflammatory Drug  
(NSAIDs)

NSAID

. doxylamine succinate, clemas-  
tine fumarate, chlorpheniramine maleate, dextrom-  
pheniramine , ,

NSAID

가 . 가  
. terfenadine loratadine

NSAID

2

가 . ,

NSAID

가

가 .  
ipratropium bromide ,

naproxen

84 g 3

naproxen ,

3~ 24%

4 가

ibuprofen 400 mg 3

4) (Alpha Adrenergic Agonists)

. pseudo-  
ephedrine( 60 mg), phenylpropanolamine(25 mg)  
phenylpropanolamine

pseudoephedrine

pseudoephedrine ibuprofen

IFN - alpha2b

oxymetazoline, phenylephrine .  
(rhinitis medicamentosa) 3~4

가

가 가

ibuprofen  
acetaminophen

6)

가 .

9

가

가

가 8)

가

40

가

가

20%

*Haemophilus influenzae*, *Moraxella catarrhalis*,  
*Streptococcus pneumoniae* amoxa-  
cillin - clavulanic acid

가

가

가

가

가

dipyridamole, ICI

130, 685, impulsin(palmitate), pleconaril

9

가

가

pleconaril

가

7)

, ibuprofen

가

가

가 가

9)

C

C

가

C

가

가

C

가

30

1 g

C 가 가 . 가

가 .

1~4 g

가,

가 .

가 .

10)

3

nedocromil

cromoglycate

zinc lozenges가

가

zinc

가가

Echinacea

GABHS

3~4

가

가

Penicillin , spectrum, ,

penicillin

12

1/3

V

benza-

,

1/4

가

thinlie penicillin G 120 U

amoxicillin

1 10

2.

가?

penicillin

가

가

3

amoxacillin - clavulanic acid, erythromycin, claitromycin, loracarbef 5

가 penicillin

cephalosporins penicillin

가 .

azithromycin

5

erythromycin

가

GABH

가

가

가

2



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