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Bronchiolitis Pathway v16.2: Criteria and Respiratory Score

	Inclusion Criteria			
op and eview	 Age <2 years Prematurity and/or age <12 weeks may be included, but expect a more severe course of illness Viral upper respiratory symptoms & lower respiratory symptoms that may include: increased work of breathing, cough, feeding 			
	 difficulty, tachypnea, wheeze, fever Exclusion Criteria Cardiac disease requiring baseline medication Anatomic airway defects Neuromuscular disease 			

ImmunodeficiencyChronic lung disease

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RESPIRATORY SCORE (RS)

Variable	0 points	1 point	2 points	3 points
<u>RR</u>				
0-8 weeks		≤60	61-69	≥70
2-11 months		≤50	51-59	≥60
12-23 months		≤40	41-44	≥45
<u>Retractions</u>	None	Subcostal or intercostal	2 of the following: subcostal, intercostal, substernal OR nasal flaring (infant)	3 of the following: subscostal, intercostal, substernal, suprasternal, supraclavicular OR nasal flaring / head bobbing (infant)
Dyspnea				
<2 years	Normal feeding, vocalizations and activity	1 of the following: difficulty feeding, decreased vocalization or agitated	2 of the following: difficulty feeding, decreased vocalization or agitated	Stops feeding, no vocalization, drowsy or confused
<u>Auscultation</u>	Normal breathing, no wheezing present	End-expiratory wheeze only	Expiratory wheeze only (greater than end- expiratory wheeze)	Inspiratory and expiratory wheeze OR diminished breath sounds OR both

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Bronchiolitis Pathway v16.2: ED Management



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Bronchiolitis Pathway v16.2: Inpatient Management



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Bronchiolitis Pathway v16.2: HFNC Management



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Respiratory Scoring Tool

How do I use the respiratory scoring tool?

4 Respiratory Assessment Elements 1. RESPIRATORY RATE: assessed over 60 seconds		• The respiratory scoring tool consists of 4
		elements that make up the respiratory assessment of the patient in distress.
2. RETRACTIONS: work of breathing	(0-3)	• You assess each component distinctly and
3. DYSPNEA: shortness of breath4. AUSCULTATION: wheezing on lung exam		 A patient's RR is 1-3 whereas all other
		categories are scored 0-3.
TOTAL SCORE	1-12	

- The Seattle Children's respiratory scoring tool was adapted from the Seattle Children's asthma • pathway. Interrater reliability was validated (see asthma pathway for references).
- Other scoring tools have been validated, but no single tool has been adopted universally or has ٠ clearly superior performance in bronchiolitis.

Return to Criteria and **Respiratory Score**

Return to ED

Return to Inpatient



Treatment: Supplemental Oxygen

Supplemental oxygen should be provided if SpO2 falls persistently below 90%. The goal is to provide oxygen to maintain SpO2 at or above 90%. (AAP 2014)

- Oxygen is supplied via nasal cannula, using the lowest flow possible.
- SpO2 drops to 88% are acceptable during sleep.
- <20 sec drops in SpO2 to the 80s in the sleeping child do not require supplemental oxygen; these may occur in healthy infants. (Hunt 1999)
- Deeper self-resolving desaturations may not be clinically meaningful in mild-to-moderate bronchiolitis patients, who should therefore be taken off continuous pulse oximetry once off supplemental oxygen. (Principi 2016)

Return to ED

Treatment: NG or IV Fluids

Intravenous (IV) or nasogastric (NG) fluid administration should be considered if the patient cannot maintain hydration orally or is severely dehydrated (AAP 2014).

- NG hydration is as effective as IV hydration in patients with bronchiolitis, and requires fewer attempts at placement. It is advisable to involve caregivers in the decision of how to hydrate their child.
- Because respiratory distress may increase the risk of aspiration:
 - Patients with significant coughing, choking, gagging, or worsening tachypnea with feeds should be made NPO, and IV/NG feeds started.
 - Patients with a sustained respiratory rate > 60 should be evaluated for safety of a feeding trial. If severe distress, do not attempt feeding trial and make NPO.
 - Patients on HFNC at acute care maximum flow rates should be NPO.

Return to ED

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Pulse Oximetry

When using a pulse oximeter, be aware that skin pigmentation is one of multiple factors that can • affect the accuracy of a reading (Shi 2022).

Return to ED



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Treatment: Suctioning

Suctioning is not widely evaluated in the literature, but is considered essential to bronchiolitis care.

- Used to clear secretions from the nares / airway that the child is unable to clear himself / herself. •
- Induces coughing, which allows child to clear lower airway secretions. •
- Reduces work of breathing and improves oral intake. •
- Suction gaps may be associated with longer LOS. •
- Patients admitted with bronchiolitis should receive suction of the nares at frequent intervals. • Mussman 2013, AAP 2014



Mouth-operated nasal aspirator (To be used by caregiver only)



Nasopharyngeal (NP) suction catheter



Olive tip suction



Bulb suction

Suction should be primarily nasal:

- **Nasal suction** (with an olive tip catheter, bulb, or parental mouth-operated nasal aspirator) should be used routinely, at regular intervals.
- **Nasopharyngeal suction** should be used in patients in severe respiratory distress and fail to improve with olive tip suction. Nasal edema may result from repeated nasopharyngeal suction events. Some articles suggest nasopharyngeal suction is associated with a longer LOS, and using it less often does not make outcomes worse (Mussman 2013, Mittal 2014).
- Suction response should be documented, with a respiratory score recorded before and after all types of suctioning.
- Family should be trained how/when to use nasal suction at home.

Return to Inpatient



Caregiver and Family Teaching

Teaching should start on arrival:

- Signs of respiratory distress
- When to call PCP, go to ED, call 911
- How and when to nasally suction
 - Using bulb syringe or mouth operated nasal aspirator
- Maintaining hydration
 - Small frequent feeds
 - Signs of dehydration
- Anticipatory guidance:
 - Cough can last up to 4 weeks
 - Do not use over-the-counter cough/cold medications

Return to Inpatient

Prevention

RSV can persist on fomites for hours and has been identified in the air up to 22 feet from the patient's bed.

- Viral isolation is standard for inpatients at Seattle Children's:
 - Strict handwashing / alcohol-based rubs, gown, gloves, mask
 - Wash hands or gel before and after patient contact, after contact with inanimate objects directly near the patient, and after glove removal
 - Limit visits by young children
- Family education re: hand hygiene (AAP 2014)
- Consider RSV monoclonal antibody (i.e. monthly Synagis) for at-risk infants (AAP palivizumab policy statement 2014)

Source: AAP 2014, AAP Committee on Infectious Diseases 2014

Return to Inpatient



Escalation Therapies: High Flow Nasal Cannula

- Terms: Also called high-flow, or high-humidity nasal cannula
- Function: HFNC delivers a higher flow of air or oxygen than nasal cannula. Gas is delivered with a mixer so FiO2 can be adjusted (21-100%), although actual delivered FiO2 does not reach 100%. By contrast, nasal cannula oxygen is not humidified and dries airways at higher flow rates
 - Proposed mechanisms of HFNC action in bronchiolitis:
 - Provides CO2 "washout" of respiratory physiologic dead space
 - Provides very low-level positive pressure that aids lung recruitment
 - Exact amount of PEEP varies based on:
 - Flows
 - Nasal cannula fit to nares
 - Whether mouth is open or closed
- Warmth and humidity
 - Keep secretions moist, improving mucociliary clearance
 - Inhibit bronchoconstriction reflexes triggered by cold and dry air



Return to ED Management

Return to Inpatient

Return to HFNC



Escalation Therapies: HFNC Weaning

HFNC should be weaned quickly in improving patients.

- Flow may be weaned by provider order and the use of RN/RT HFNC weaning protocol
 - Teams should wean flow at least daily, unless team holds due to anticipated trajectory or patient severity
 - Flow should be weaned stepwise, from acute care max to min to off
 - Trials off: Flow can be weaned from max flow to off if appropriate

Return to HFNC

Escalation Therapies: Feeding Patients on HFNC

No strong evidence exists to guide feeding practices on HFNC.

Recommendations:

- Patients who wean to minimum acute care flow are eligible to resume oral feeds
- Patients should only attempt oral feeding if clinically improving and if no known aspiration history •
- First oral feeding should be supervised by an RN, SLP/OT, or provider •
- Oral feeding should be stopped if associated with increased coughing, choking, or worsening respiratory distress
- An NG tube should be placed and enteral feeds initiated for patients NPO for > 2 days

Return to HFNC



Summary of Version Changes

- Version 1.0 (10/10/2011): Go live. •
- Version 1.1 and 1.2 (07/20/2012): Copyrighted photos and diagrams removed. •
- Version 2.0 (10/22/2012): Updated to SpO2 monitoring recommendations. •
- Version 3.0 (12/10/2013): Go live of Bronchiolitis HFNC Pathway. •
- Version 3.1 (12/13/2013): Changes made to add contact hospitalist; correction to oral feeds to match training slide; wording change in trial of albuterol to match the orders.
- Version 3.2 (1/15/2014): Changes to inclusion and exclusion criteria; changes to reflect medical hospitalist at ED 90 minute huddle; admit to medical hospitalist.
- Version 4.0 (2/5/2014): Pathway document was divided into two documents and posted as Bronchiolitis Pathway and HFNC Pathway.
- Version 5.0 (10/1/2014): Added citation page and link; removed "HFNC Test Your Knowledge" link; updated training slides L, M, and V. In the HFNC phase only: Removal of daily CBG while on HFNC; highlighting of ability to recheck PC02 after HFNC started for improved patients to meet floor admit criteria: PCO2 removed from inclusion criteria; composition of members of ED huddle; ability to admit to general medicine service; ability to trial patient on RA or low flow NC O2 after stable on HFNC at 2 lpm for 4 hours.
- Version 6.0 (1/30/2015): HFNC Phase ONLY: Update to the pathway inclusion criteria to include severe respiratory distress; added ICU to floor transfer criteria and link to education slide in transfer criteria box.
- Version 7.0 (11/4/2015): Periodic review; updated literature search, recommendations and pathway tools; combined bronchiolitis and HFNC pathway documents.
- Version 8.0 (3/7/2016): HFNC inclusion/exclusion criteria amended, HFNC huddle participants amended, changes to HFNC ED management for unchanged patients, HFNC restarting after weaning clarified.
- Version 9.0 (1/3/2017): Process improvement change; optimization of secretion management, focusing on high-flow cannula use, and improving high-flow efficacy.
- Version 9.1 (2/27/2017): Title of first green box on HFNC Phase changed and grammar adjustment made in Inclusion Criteria.
- Version 10.0 (11/13/2017): Removal of hospitalist involvement for HFNC initiation/huddle. •
- Version 11.0 (12/14/2018): Removal of respiratory score from admit criteria and change to • "moderate to severe distress".
- Version 12.0 (12/7/2020): Periodic review go live with new formatting style and minor content changes: removal of respiratory score as an UC to ED transfer criterion, more stringent albuterol trial criteria, time range flexibility for inpatient suctioning for moderate and severe respiratory scores, addition of text to encourage NG over IV use, PRN PCP follow-up, and removal of antibiotic or steroid use as an exclusion criterion for HFNC use.
- Version 13.0 (3/22/2022): Changed HFNC inclusion criteria from "severe respiratory distress or hypoxia" to "severe respiratory distress PLUS hypoxia" defined as <92% O2 saturation, added severe respiratory distress escalation algorithm.
- Version 14.0 (12/5/2022): Changed HFNC max and min flow rates to be 1.5 L/min/kg and 0.5 L/ min/kg, respectively. No RRT needed to initiate HFNC on acute care.
- Version 14.1 (12/29/2022): Changed inpatient management to include baseline intermittent SpO2 checks regardless of respiratory score.
- Version 14.2 (6/20/2023): Updated bronchiolitis respiratory score table to align with CSW Asthma Pathway. Updated Escalation Therapies to align with RN/RT HFNC weaning protocol.



Summary of Version Changes

- Version 15.0 (9/19/2023): An equity pause was incorporated into the ED Management Phase • with supporting content.
- Version 15.1 (11/8/2023): Equity pause reference (Shi 2022) was added as an additional reference to the bibliography.
- Version 16.0 (4/16/2024): Updated to align with low flow nasal canula policy changes. ٠
- Version 16.1 (12/30/2024): Changed "Medical Unit" to "Acute Care" in admission criteria. •
- Version 16.2 (5/12/2025): Updated "Pulse Oximetry" page. •

Approval & Citation

Approved by the CSW Bronchiolitis Pathway team for December 7, 2020, go-live

CSW Bronchiolitis Pathway Team:

Hospital Medicine, Owner Emergency Medicine, Team Member Respiratory Therapy, Stakeholder Acute Care, Team Member ICU/RISK Team, Stakeholder

Pearl Chang, MD Brian Burns, DNP, ARNP-CS, CPEN Rob Di Blasi, RRT-NPS, FAARC Missy Lein, MSN, RN, PCNS-BC Joan Roberts, MD

Clinical Effectiveness Team:

Consultant **Project Manager** Data Analyst **CIS Informatician CIS** Analyst Librarian

Lisa Abrams, ARNP Asa Herrman Holly Clifton, MPH Carlos Villavicencio, MD Heather Marshall Sue Groshong, MLIS

Clinical Effectiveness Leadership:

Medical Director Operations Director Darren Migita, MD Jaleh Shafii, MS, RN, CPHQ

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Evidence Ratings

This pathway was developed through local consensus based on published evidence and expert opinion as part of Clinical Standard Work at Seattle Children's. Pathway teams include representatives from Medical, Subspecialty, and/or Surgical Services, Nursing, Pharmacy, Clinical Effectiveness, and other services as appropriate.

When possible, we used the GRADE method of rating evidence guality. Evidence is first assessed as to whether it is from randomized trial or cohort studies. The rating is then adjusted in the following manner (from: Guyatt G et al. J Clin Epidemiol. 2011;4:383-94, Hultcrantz M et al. J Clin Epidemiol. 2017;87:4-13.):

Quality ratings are *downgraded* if studies:

- Have serious limitations
- Have inconsistent results
- If evidence does not directly address clinical questions
- If estimates are imprecise OR
- If it is felt that there is substantial publication bias

Quality ratings are *upgraded* if it is felt that:

- The effect size is large
- If studies are designed in a way that confounding would likely underreport the magnitude of the effect OR
- If a dose-response gradient is evident

Certainty of Evidence

•••• High: The authors have a lot of confidence that the true effect is similar to the estimated effect

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O Low: The true effect might be markedly different from the estimated effect

OOO Very low: The true effect is probably markedly different from the estimated effect

Guideline: Recommendation is from a published guideline that used methodology deemed acceptable by the team Expert Opinion: Based on available evidence that does not meet GRADE criteria (for example, case-control studies)



Bibliography

Literature Search Methods

For this update, we revised the search strategies in line with current Library practices. Literature searches were conducted in July 2020 to target synthesized literature on bronchiolitis for 2015 to current and limited to English. The search was executed in Ovid Medline, Embase, Cochrane Database of Systematic Review (CDSR), and Turning Research into Practice database (TRIP).

Screening and data extraction were completed using DistillerSR (Evidence Partners, Ottawa, Canada). Two reviewers independently screened abstracts and included guidelines and systematic reviews that addressed optimal diagnosis, treatment, and prognosis of patients who meet pathway inclusion/exclusion criteria. One reviewer screened full text and extracted data and a second reviewer quality checked the results. Differences were resolved by consensus.

Literature Search Results

The searches of the 4 databases (see Electronic searches) retrieved 497 records.

Once duplicates had been removed, we had a total of 376 records. We excluded 332 records based on titles and abstracts. We obtained the full text of the remaining 44 records and excluded 30.

We combined these studies with those previously identified for prior versions of this pathway, and for this update we have included a total 14 new studies. The flow diagram summarizes the study selection process.



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