A troublesome cough: from diagnosis to treatment

S32 COUGH SUPPRESSION TEST: A NOVEL OBJECTIVE TEST FOR CHRONIC COUGH

Introduction A recent functional MRI study has shown that patients with chronic refractory cough (CRC) have reduced activity in the areas of the brain associated with cough suppression. Cough challenge tests focus on provoking cough and have limited clinical application due to the wide overlap between healthy subjects and patients with cough. We investigated whether patients with CRC could suppress cough in a cough challenge test.

Methods We recruited 13 chronic refractory cough patients and 11 healthy controls. Participants underwent an incremental capsaicin challenge test (0.49 to 1000 micromol.L\(^{-1}\)) and were instructed “please do not cough during the test”. The concentrations of capsaicin during the cough suppression (CS) protocol required to elicit 1 or more cough (CS1), 2 or more coughs (CS2), and 5 or more coughs (CS5) were documented.

Results Patients with CRC also completed cough-severity and urge-to-cough visual analogue scales (VAS; 0–100 mm), and quality of life, Leicester Cough Questionnaire (LCQ; range 3–21).

Background Tackling tuberculosis (TB) requires testing and treatment of high-risk groups for latent tuberculosis infection. We estimated the predictive values of the tuberculin skin test (TST) and interferon gamma release assays (IGRAs) for development of active TB in migrants and contacts of active TB patients in the UK.

Methods Participants were prospectively recruited in clinics and the community and followed for a median of 2.9 years. We administered IGRAs (QuantiFERON Gold In-Tube [QFT-GIT] and T-SPOT.TB) and TST (with 3 thresholds: 5 mm (TST\(_5\)), 10 mm (TST\(_{10}\)) and TST\(_{15}\) (5 mm in BCG-naive, 15 mm in vaccinated). Potential incident TB cases were identified by telephone interview and national TB databases and confirmed by medical note review.

Results Ninety-seven (1.0%) of 9610 participants developed active TB (77 of 6386 who had Results for T-SPOT.TB, QFT-GIT and TST). All tests had very low incidence in test negatives (1.2–1.6 per 1000 per year). Incidence rates in test positives were highest for TSpot.TB (13.2 95% CI: (9.9–17.4)), TST\(_{15}\) (11.1 (8.3,14.6)) and QFT.GIT (10.1 (7.4,13.4)); positive test Results for these tests were significantly more predictive of progression than TST\(_{10}\) and TST\(_5\). TSpot.TB was also higher than QFT.GIT. TST\(_5\) predicted more at high risk (55%) than TST\(_{10}\) (45%), TSpot.TB (33%), TST\(_{15}\) (38%) and QFT.GIT (31%).

Conclusions IGRA-based or TST\(_{15}\) strategies are most suited for population screening in low-risk populations. Although TST\(_5\) and TST\(_{10}\) detect more TB cases this is at the cost of more individuals being classified at high risk with lower positive predictive values.
Analyzing capsaicin-evoked cough, $r_s=0.29$, urge to cough VAS ($r_s=0.24$) and LCQ ($r_s=0.32$), all $p>0.10$.

**Conclusion** Voluntary suppression of capsaicin-evoked cough is significantly diminished in chronic refractory cough. Our findings suggest future research should focus on cough inhibitory as well as activation pathways. CS5 has potential to be used as a diagnostic test and to evaluate anti-tussive therapy; this should be investigated further.

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**S33 THE UTILITY OF FENO IN THE DIFFERENTIAL DIAGNOSIS OF CHRONIC COUGH: THE RESPONSE TO ANTI-INFLAMMATORY THERAPY WITH PREDNISOLONE AND MONTELUKAST**

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10.1136/thoraxjnl-2017-210983.39

**Objectives** In this study we explored the effectiveness of treatment with montelukast 10 mg as compared with prednisolone in chronic cough patients with an associated elevated FeNO (The fraction of exhaled nitric oxide in breath) – a marker of eosinophilic inflammation.

**Methods** 50 non-asthmatic patients with chronic cough were recruited sequentially from a specialist cough clinic. 30 patients with high FeNO ($>30$ ppb) were randomised to either two weeks prednisolone 20 mg or two weeks montelukast 10 mg followed by montelukast 10 mg for the subsequent two weeks in both arms. A control group of 20 patients with low FeNO ($\leq 20$ ppb) were enrolled who received four weeks montelukast. 24-hours cough counting at baseline after 2 and 4 weeks treatment was the primary endpoint. Subjective measures of cough, the Leicester Cough Questionnaire (LCQ), and Hull Airways Reflux Questionnaire (HARQ) were also administered.

**Results** At baseline the average FeNO value in both high FeNO treatment groups was similar (around 60±30 ppb). At the end of the study there was a significant fall in FeNO of approximately 30% in both high FeNO treatment groups ($p<0.005$). In the low FeNO group there was no significant change during the study (12±5 ppb). Therapy reduced the number of coughs in 24 hours by approximately 50% in both low and high FeNO groups ($p<0.005$). HARQ and LCQ scores also improved significantly ($p<0.005$) in all treatment groups.

**Conclusions** The hypothesis that FeNO could be used as a marker of eosinophilic inflammation in chronic cough was supported by our observation at baseline in the high FeNO group of eosinophilia in both blood and sputum. However, baseline FeNO did not predict overall treatment response. Perhaps the most surprising aspect of our study is the dramatic response in the low FeNO group to montelukast. The fact...