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Summary

PROTON PUMP INHIBITORS SLIGHTLY DECREASE THE SEVERITY OF NON-SPECIFIC CHRONIC COUGH IN ADULTS, IRRESPECTIVE OF TREATMENT DURATION: A SYSTEMATIC REVIEW AND META-ANALYSIS

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Oesophagus

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A meta-analysis of 11 randomized controlled trials with over 600 patients found that proton pump inhibitors slightly reduce cough severity in adults with non-specific chronic cough, with greater benefit in patients who have abnormal reflux studies.

KEY POINTS

- Compared to placebo, PPIs slightly decreased cough severity (standardized mean difference 0.33; 95% CI: 0.05, 0.61), with the effect appearing greater in patients with abnormal reflux studies (SMD 0.49; 95% CI: -0.41, 1.39).
- Prolonged treatment durations (4, 6, 8, or 12 weeks) did not result in greater symptomatic improvement, with similar effect sizes across all time points.
- PPIs appeared to moderately improve quality of life compared to placebo (SMD 0.39; 95% CI: -0.51, 1.29), but when one outlying trial was removed, the effect was relatively small (SMD 0.11; 95% CI: -0.39, 0.62).
- This systematic review and meta-analysis may be relevant to clinicians evaluating treatment options for adults with non-specific chronic cough and suspected gastroesophageal reflux disease.

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