

# Feasibility study of *Pelargonium sidoides* root extract, EPs®7630 (Kaloba®), for the treatment of acute cough due to lower respiratory tract infection (LRTI) in adults: a double blind, placebo controlled randomised trial

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## Background and Rationale

### Background

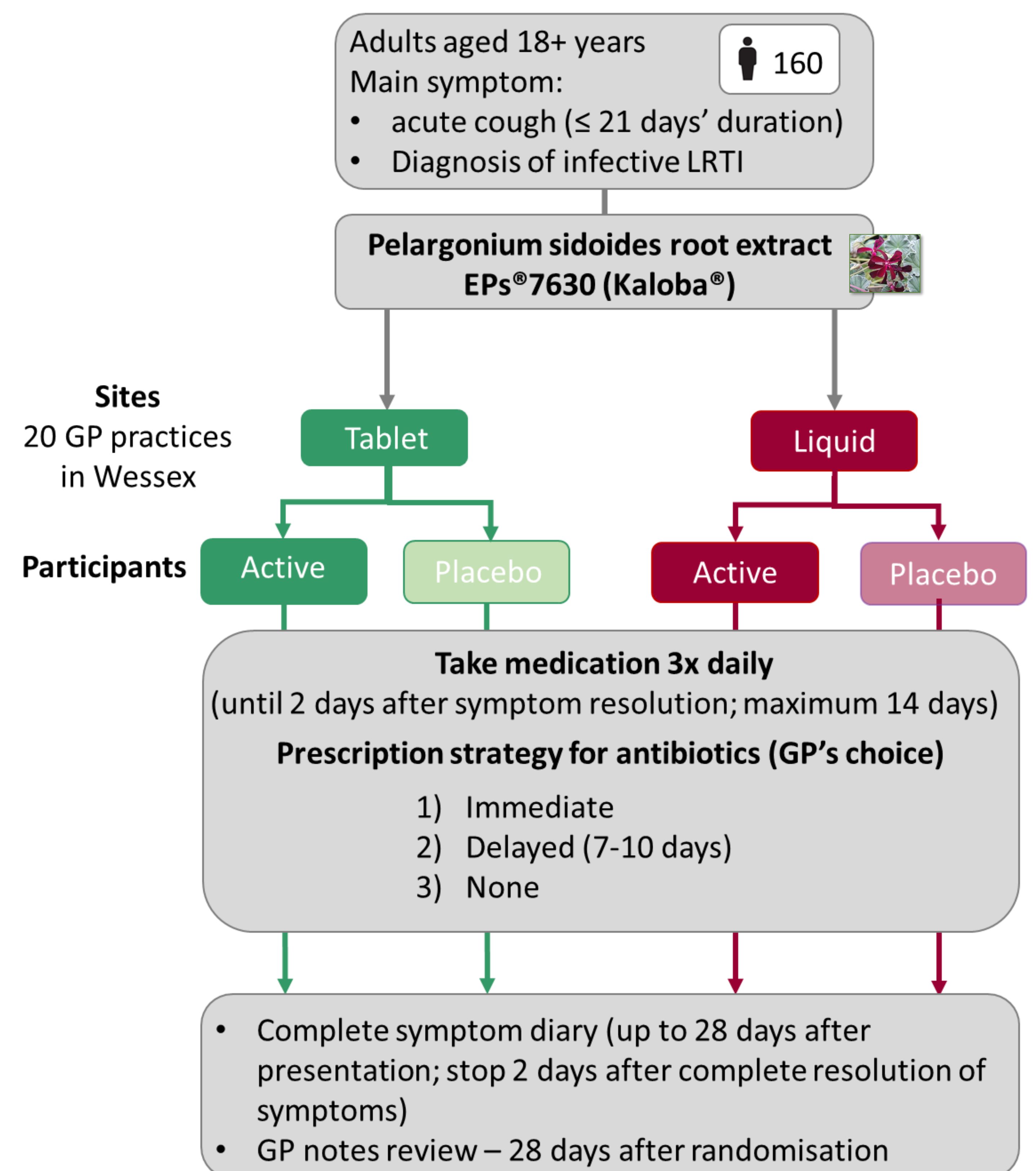
- Antibiotic resistance is rising and is linked to prescribing in primary care
- Acute LRTI is one of the most common respiratory conditions treated by GPs and the majority (60%) of patients will be prescribed antibiotics, despite lack of evidence of benefit
- The symptoms of non-pneumonic LRTIs usually settle without complication but the cough can last for around an average of 21 days
- Antibiotics have little effect on the duration of symptoms but if an effective method of symptom control could be identified then antibiotic uptake could be reduced
- ***Pelargonium sidoides* root extract EPs®7630 (Kaloba®)** is a traditional herbal medicinal product used to relieve the symptoms of upper respiratory tract infections including cough
- A Cochrane review suggests that *Pelargonium sidoides* root extract has some benefit in LRTI

### Aim

- To determine the feasibility of running a full-scale double blind randomised controlled trial (RCT) of *Pelargonium sidoides* root extract in the UK primary care setting

### Consequences

- If HATRIC leads to a successful full RCT that shows *Pelargonium sidoides* root extract is an effective treatment for the symptoms of LRTI, prescription of antibiotics for LRTIs may decline

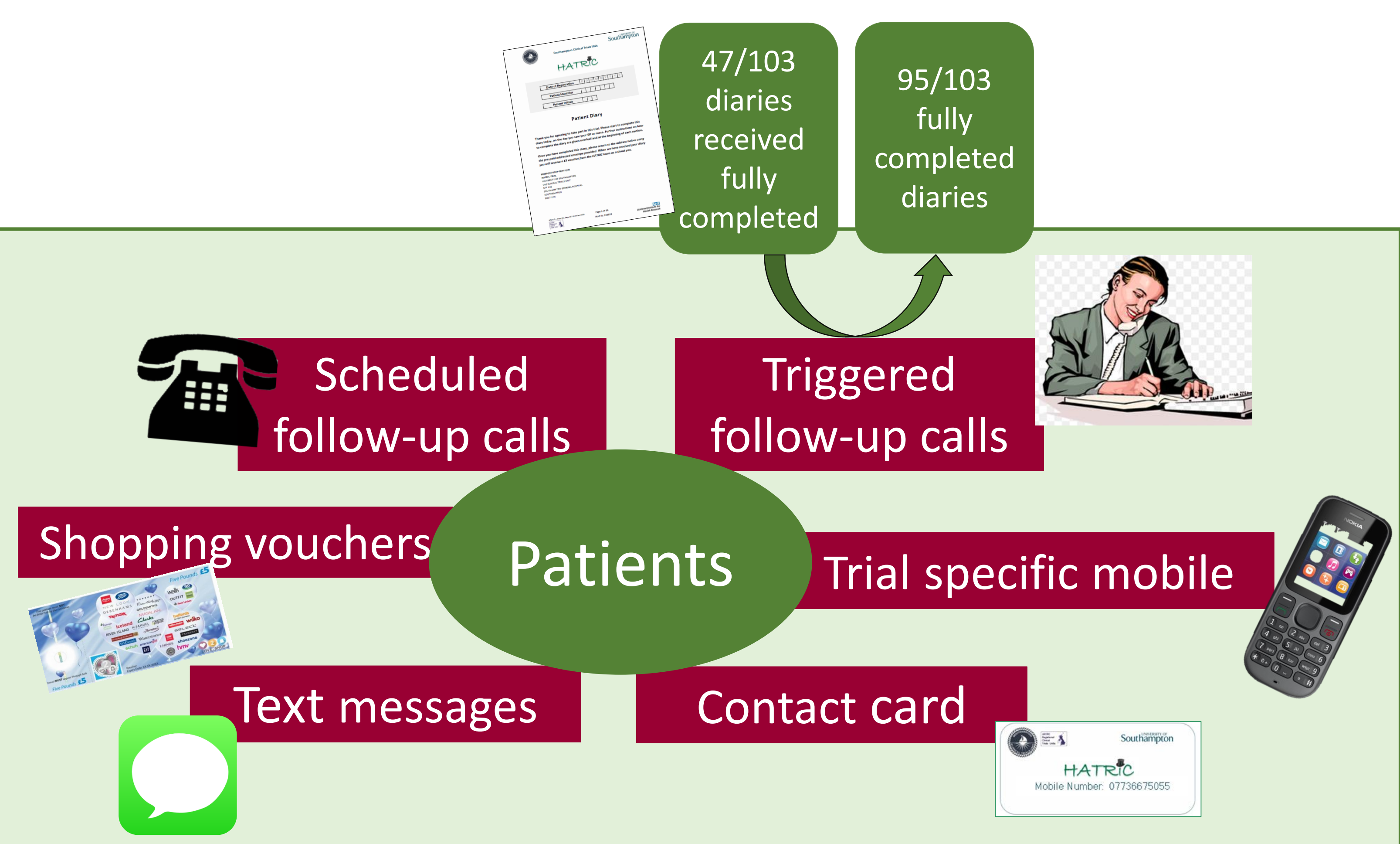
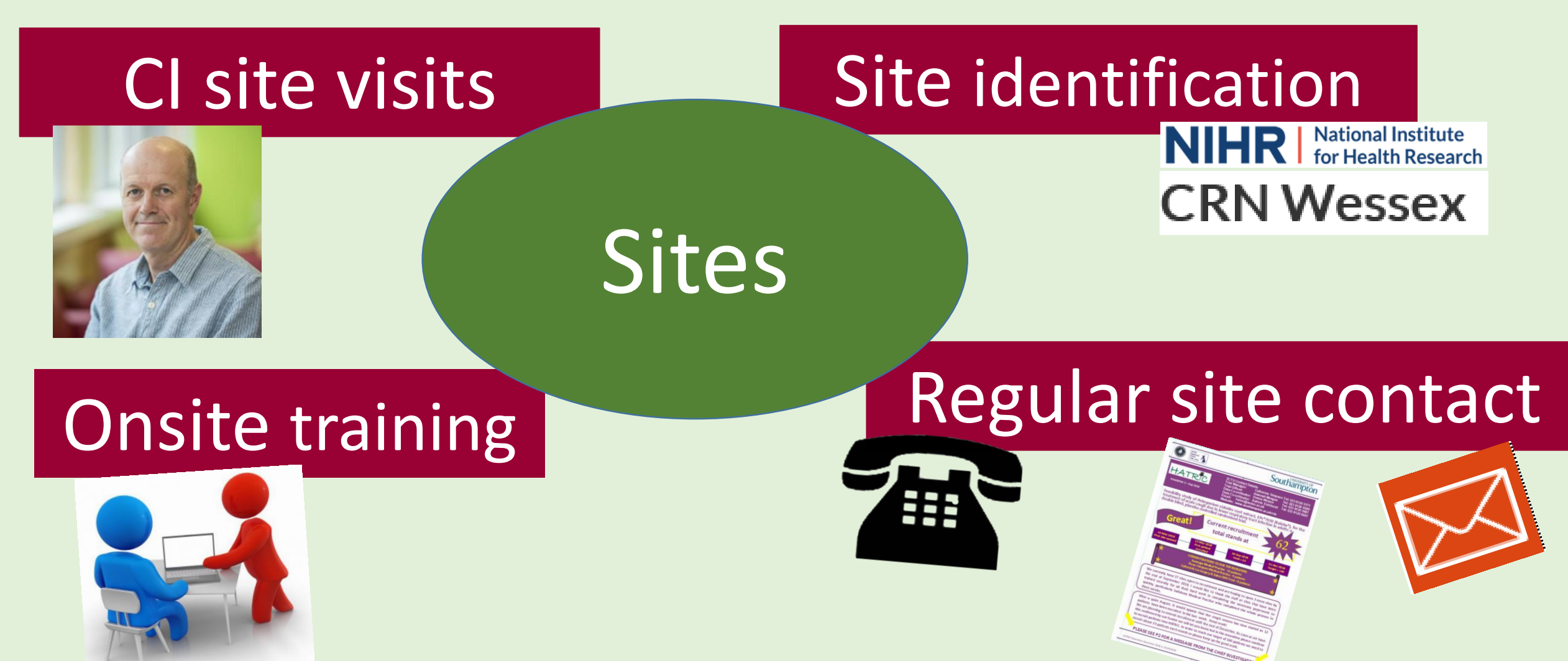


## Results

### 9 month recruitment period (Mar - Dec 2018)

- 134 patients recruited
- 52 to the tablet arms & 82 to the liquid arms
- 107 (80%) diaries obtained with all key information
- 4 patients lost to follow up

## Recruitment and Retention Strategies



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