

LAVADOS NASALES HIPERTONICOS

UNA OPCION TERAPEUTICA EN ENFERMEDADES
ASOCIADAS A CONGESTION NASAL POR VIROSIS
RESPIRATORIAS

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What is Hypertonic Saline Nasal Irrigation?

Saline is salt water. Hypertonic Saline Nasal Irrigation is the practice of flushing the nose and the sinus spaces around it with saline that has a higher concentration of salt.

QUE SON LOS LAVADOS NASALES HIPERTONICOS

- Son irrigaciones intranasales de solución salina a una concentración mayor a 0.9% de cloruro de sodio en agua destilada
- Esta concentración hipertónica usualmente esta entre 1.8 y 2.7%
- Su carácter hipertónico genera un gradiente osmótico que produce deshidratación acelerada de la mucosa generando retracción de la mucosa nasal de los cornetes inferiores lo cual se traduce en un efectivo alivio de la congestión nasal de origen inflamatorio

LAVADOS HIPERTONICOS

- **bajo volumen**: spray, nebulizado: efectos de descongestión nasal
- **alto volumen**: volúmenes superiores a 120 cc en niños y a 240 cc en adultos efectos de descongestión nasal, mejoría de la actividad mucociliar, barrido mecánico de alergenos , agentes irritantes, infecciosos y mediadores inflamatorios en mucosa de nariz y son.

● luis mejia md -orl

Nasal saline irrigation for acute upper airway infection symptoms

What role do you identify with the most?

Close

Don't show again

Patient or Care giver

Health practitioner

Researcher

Policy Maker

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more popular as one of many treatment options for URTIs, and they have been shown to have some effectiveness for chronic sinusitis and following nasal surgery. However, little is known about their effectiveness in the treatment of acute URTI or which symptoms they may be effective for.

Study characteristics

We identified five studies, with a total of 749 participants enrolled and 565 participants providing data, which addressed the research question and met the inclusion criteria. They all compared saline irrigation with routine care or other nose sprays. These studies covered a wide range of ages, countries, sample sizes, dosing methods and

care or placebo reduce the severity of symptoms or speed up recovery of symptoms that have been present for less than four weeks?

colds, influenza and infections of the throat, nose or ears. Although sometimes symptoms may persist for many weeks without establishment of secondary bacterial infections. The evidence suggests that, though some treatments may have a role in reducing the severity of symptoms, nose spray and larger volume nasal washes have become

LAVADOS NASALES HIPERTONICOS

- Disminuyen su frecuencia anual especialmente en la edad pediátrica (aprox. 50%)
- Disminuyen la intensidad de los síntomas y la duración de los mismos
- Disminuyen el riesgo de sobreinfecciones bacterianas y uso de antibióticos
- Se recomienda una frecuencia de dos veces por día y la duración la establecerá el médico de acuerdo a la indicación del lavado

SCIENTIFIC REPORTS

OPEN

A pilot, open labelled, randomised controlled trial of hypertonic saline nasal irrigation and gargling for the common cold

received: 4 May 2018
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Sandeep Ramalingam¹, Catriona Graham², Jenny Dove¹, Lynn Morrice³ & Aziz Sheikh³

There are no antivirals to treat viral upper respiratory tract infection (URTI). Since numerous viruses cause URTI, antiviral therapy is impractical. As we have evidence of chloride-ion dependent innate

LAVADOS NASALES HIPERTONICOS Y VIROSIS RESPIRATORIAS INCLUYENDO SARS-COV 2

- estudios preliminares sugieren un beneficio en uso de lavados nasales hipertónicos
- acortan la recuperación en aprox. dos días
- síntomas nasales menos severos
- disminuyen el conteo viral en la mucosa nasal y nasofaringe

Review > Am J Rhinol Allergy. 2018 Jul;32(4):269–279.

doi: 10.1177/1945892418773566. Epub 2018 May 18.

Hypertonic Saline Versus Isotonic Saline Nasal Irrigation: Systematic Review and Meta-analysis

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Affiliations + expand

PMID: 29774747 DOI: 10.1177/1945892418773566

Conclusion

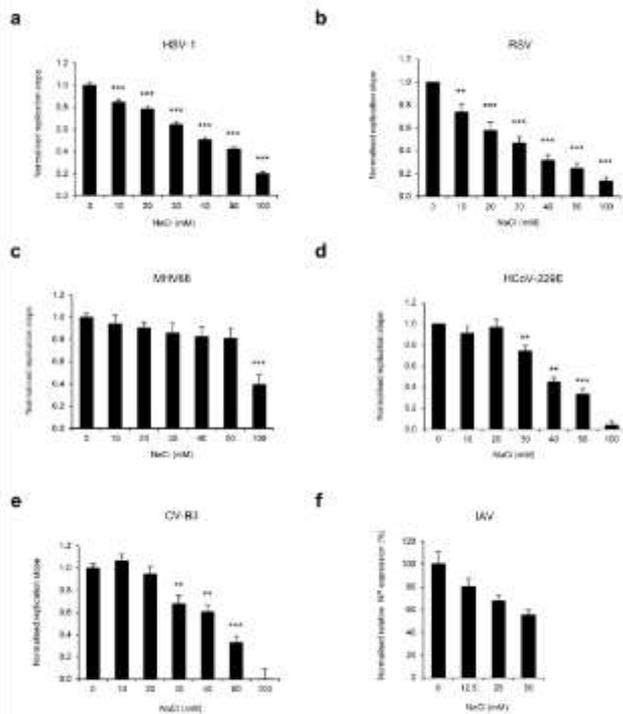
HS improves symptoms over IS nasal irrigation in treating sinonasal diseases. There is no difference in disease-specific quality of life. However, HS brings greater minor side effects than IS.

las irrigaciones hipertónicas mejoran de forma mas eficiente los síntomas de enfermedades inflamatorias nasosinusales comparado con las soluciones isotónicas

Antiviral innate immune response in non-myeloid cells is augmented by chloride ions via an increase in intracellular hypochlorous acid levels

Sandeep Ramalingam,^{1,2} Baiyi Cai,² Junsheng Wong,² Matthew Twomey,² Rui Chen,² Rebecca M. Fu,² Toby Boote,² Hugh McCaughan,¹ Samantha J. Griffiths,^{#2} and Jürgen G. Haas^{#1,2}

Figure 3



DNA and RNA viruses are inhibited by sodium chloride: Dose-dependent

Las células epiteliales poseen una respuesta inmune innata para inhibir la replicación viral por medio de iones de cloro. Esta respuesta se ve aumentada en presencia de NaCl la cual es dosis dependiente e incluye al coronavirus humano

Hypertonic saline nasal irrigation and gargling should be considered as a treatment option for COVID-19

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66 PTES.

1. Lavados nasales hipertónicos en casa varias veces día
2. Reducción en el tiempo de los síntomas en un promedio de 1.9 días
3. Reducción en la medicación requerida en un 36%
4. Reducción en la transmisión de contactos en la misma casa de 35%
5. Se sugiere mas evidencia y estudios clínicos

Table 1. Number of days for self reported symptom improvement in the control and intervention arms infected by a coronavirus

VARIABLE LABEL	TREATMENT	N	MEAN	SD	DIFFERENCE IN MEAN (INTERVENTION – CONTROL) (95% CI FOR DIFFERENCE)	P-VALUE
Blocked nose	Intervention	7	4.0	2.2	-3.1 (-6.0, -0.2)	0.0362
Blocked nose	Control	8	7.1	2.9		
Chest congestion	Intervention	7	1.9	1.2	-0.8 (-2.7, 1.2)	0.4056
Chest congestion	Control	8	2.6	2.1		
Cough	Intervention	7	2.7	1.3	-3.3 (-5.9, -0.7)	0.0179
Cough	Control	8	6.0	3.0		
Head congestion	Intervention	7	3.4	1.9	-1.9 (-5.0, 1.1)	0.1931
Head congestion	Control	8	5.4	3.3		
Hoarseness	Intervention	7	2.4	1.6	-2.9 (-5.6, -0.3)	0.0325
Hoarseness	Control	8	5.4	2.9		
Scratchy throat	Intervention	7	2.6	1.0	-2.1 (-5.1, 1.0)	0.1712
Scratchy throat	Control	8	4.6	3.6		
Sneezing	Intervention	7	3.9	1.7	-1.0 (-3.8, 1.8)	0.4469
Sneezing	Control	8	4.9	3.0		
Sore throat	Intervention	7	3.6	1.9	-1.1 (-4.4, 2.3)	0.5139
Sore throat	Control	8	4.6	3.7		
Runny nose	Intervention	7	4.4	1.3	-1.6 (-4.1, 0.9)	0.1999
Runny nose	Control	8	6.0	2.8		
Feeling tired	Intervention	7	3.6	1.8	-2.1 (-5.1, 1.0)	0.1671
Feeling tired	Control	8	5.6	3.3		

SD – standard deviation, CI – confidence interval

Midió la duración de varios síntomas, siendo evidente la disminución en tiempo de síntomas como obstrucción nasal, tos y presión sinusal

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