

Expiratory dyspnea

Expiratory dyspnea is a subjective feeling of difficulty exhaling. In pediatrics, this is an *objectified* symptom. This is mainly a prolonged exhalation.

Expiratory dyspnea occurs especially with obstruction of the intrathoracic airways ^[1]. With moderate obstruction, there is a **decrease in respiratory rate**, an **increase in tidal volume** and a slight **prolongation of expiration**. In case of severe obstruction, there is an **increase in respiratory rate**, involvement of **auxiliary respiratory muscles** (retraction of the jugular, intercostals, and hypochondrium) and significant **prolongation of expiration** ^[1]. Causes:

- bronchial asthma;
- emphysema;
- COPD.^[2]

Symptoms of expiratory shortness of breath include **grunting**, i.e. a monotonous vocal phenomenon during exhalation that can sometimes be confused with bleating. This is an increase in end-expiratory pressure by means of exhalation against the closed slit of the vocal cords. However, this symptom is not typical of common diseases with expiratory dyspnea, as it can only occur in newborns during postnatal adaptation.

Links

Related articles

- Dyspnea • Inspiratory dyspnea • Choking • Respiratory insufficiency

References

1. MARCDANTE, Karen J – KLIEGMAN, Robert M – JENSON, Richard E. *Nelson essentials of pediatrics*. 6. edition. 2011. 831 pp. pp. 501. ISBN 978-1-4377-0643-7.
2. ŠMALCOVÁ, Jana. Dušnost – diagnostika a léčba. *Interní Med* [online]. 2011, y. 13, p. 120-122, Available from <<https://www.internimedicina.cz/pdfs/int/2011/03/06.pdf>>.



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