

Case 2

Plan for Jo

- You do not have enough evidence to recommend a specific probiotic for Jo, but tell her mother that a probiotic may reduce Jo's risk for several types of infection.
- With less specific evidence, you are not likely to recommend probiotics for illness prevention to all of your patients.
- You also wonder about the efficacy of probiotics for illness prevention in other pediatric populations.



Results & Findings



DynaMed Level 2 (mid-level) evidence suggests the following [1]

- Probiotics appear to reduce incidence of fever, upper respiratory symptoms and absence from group child care in preschoolers
- Probiotic milk may prevent some infectious illnesses in children attending day care (acute otitis media, sinusitis, lower respiratory tract infections)

DynaMed Levels of Evidence [1]

Level	Definition
1	Likely reliable
2	Mid-level
3	Lacking direct

[1] DynaMed. Probiotics. EBSCO Information Services. Accessed July 12, 2021. <https://www.dynamed.com/drug-review/probiotics>
[2] DynaMed. Levels of Evidence. EBSCO Information Services. Accessed June 4, 2021. <https://connect.ebsco.com/s/article/DynaMed-Levels-of-Evidence>