

## Corticosteroids in the treatment for sore throat

- Oral or intramuscular corticosteroids, in addition to antibiotics, moderately increased the likelihood of both resolution and improvement of pain in patients with sore throat
  - Corticosteroids are 2.4 times more likely to lead to complete resolution of sore throat and pain symptoms by 24 hours than those who received placebo.
  - Corticosteroids also reduced the mean time to onset of pain relief and the mean time to complete resolution of pain by 6 and 11.6 hours, respectively (moderate-certainty evidence).
  - At 24 hours, pain (assessed by visual analogue scales) was reduced by an additional 10.6% by corticosteroids (moderate-certainty evidence).
- Although corticosteroids are widely used in clinical practice, they can cause side effects. It is therefore important to determine how frequently these occur in treating patients with sore throat and whether they are outweighed by any benefits.
- Group A beta-haemolytic streptococcus (GABHS) is found in approximately 10% of sore throats in adults and 15-30% of those in children.