

# AFP Clinical Answers

## Obstructive Sleep Apnea, Fever in Children, Labor Pain, Mobility Devices, Lung Cancer Screening, Eggs

### Are positional therapies effective for treating obstructive sleep apnea?

Positional therapies for obstructive sleep apnea produce moderate improvements (16% to 40% improvement in Epworth Sleepiness Scale) compared with no treatment. Positional therapies are not as effective as continuous positive airway pressure (CPAP).

<https://www.aafp.org/afp/2021/0501/p568.html>

### Is ibuprofen or acetaminophen more effective at reducing fever or pain in children younger than two years?

Ibuprofen is more effective at reducing temperature and pain at various follow-up periods compared with acetaminophen. Further study is needed to evaluate combination therapy, specific dosing, and use in patients younger than six months.

<https://www.aafp.org/afp/2021/0501/od1.html>

### In patients requiring mobility assistive devices, when would it be appropriate to prescribe a cane vs. a walker?

A cane is preferred when only one upper limb is needed to aid in balance or weight-bearing. If both upper limbs are needed, crutches or a walker is more appropriate.

<https://www.aafp.org/afp/2021/0615/p737.html>

### How should pain be managed in labor?

Continuous labor support (such as from a doula) has been shown to increase rates of spontaneous vaginal delivery, decrease the mother's negative feelings about the childbirth experience, and decrease the use of pharmacologic anesthesia. Inhaled analgesia may be beneficial to patients in labor who desire some form of noninvasive pain relief. Parenteral opioids provide pain relief

that is superior to nitrous oxide but inferior to regional anesthesia. Neuraxial regional anesthesia provides superior pain relief compared with systemic analgesia, without increasing rates of assisted vaginal delivery or cesarean delivery.

<https://www.aafp.org/afp/2021/0315/p355.html>

### Does lung cancer screening with low-dose computed tomography decrease mortality in smokers?

A systematic review of nine studies showed that people screened with low-dose computed tomography were less likely to die from lung cancer (number needed to treat = 250). Although all-cause mortality was slightly lower in the screened group, this was not statistically significant.

<https://www.aafp.org/afp/2021/0515/p630.html>

### Is consumption of eggs associated with an increased risk of cardiovascular disease?

According to a recent meta-analysis, egg consumption is not associated with an increased occurrence of cardiovascular events over an average of 12 years. Eating more than one egg per day, on average, was associated with an 11% decrease in the likelihood of coronary artery disease. However, this may be due to a healthy user bias (i.e., eating eggs may be associated with healthy habits).

<https://www.aafp.org/afp/2021/0601/p695.html>

#### Tip for Using AFP at the Point of Care

**Are you looking for more POEMs?** AFP's collection of POEMs is available at <https://www.aafp.org/afp/poems>. All department collections are accessible from <https://www.aafp.org/afp>.

**A collection** of AFP Clinical Answers is available at <https://www.aafp.org/afp/answers>.