

A Phone Call Away

Just Relax and Breathe!!



Objectives

- Current asthma facts
- The difference in asthma inhalers
- Asthma Action Plan review
- Triage of the asthma patient

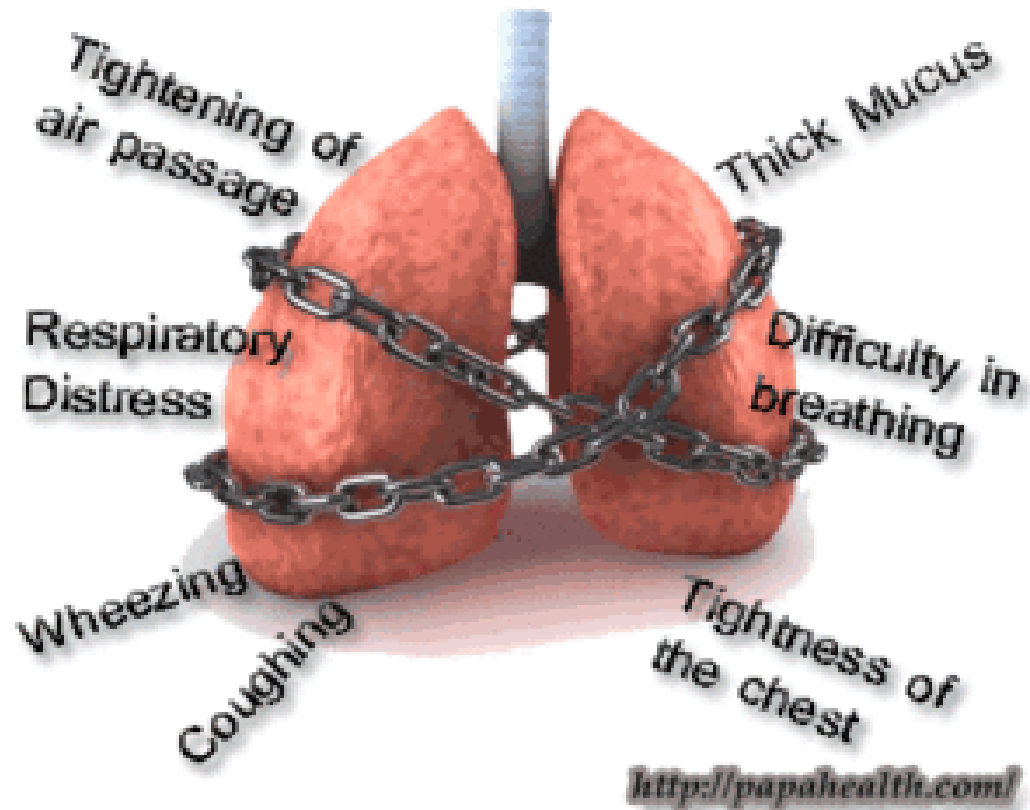


Did you know:

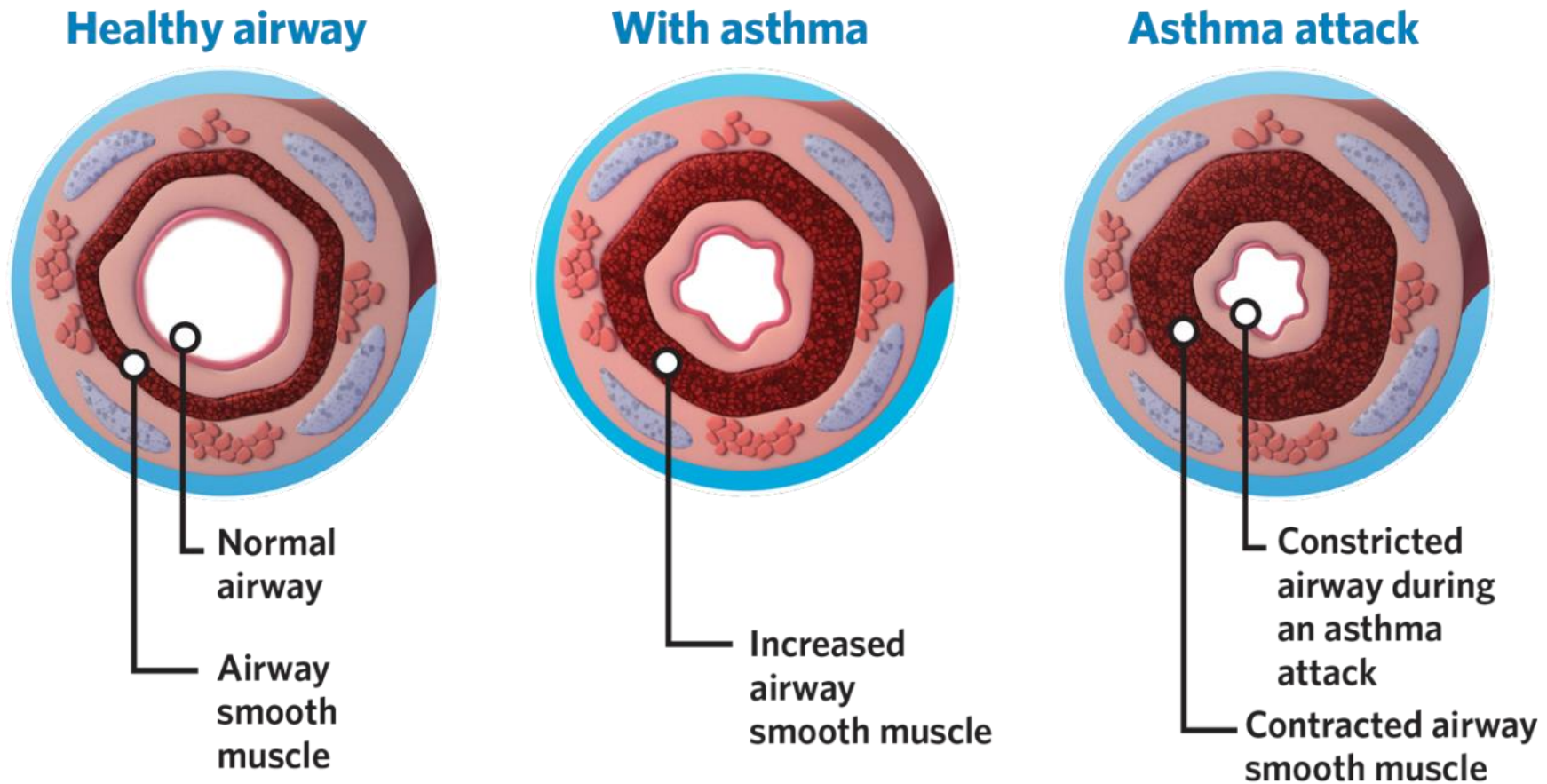
- 1 in 13 people have asthma
- Asthma is the top reason for missed school days
- Asthma accounts for over 14 million Dr visits each year
- Over 1.8 million ER visits for asthma each year
- The annual economic of asthma is more than \$56 billion



What is Asthma



So, what is asthma?



Describing asthma symptoms



Quick Relief Medications

- Use for:
 - Cough
 - Wheeze
 - Chest Tightness
 - 15 mins prior to activities
- Use ever 4 hours as needed



Albuterol



Controller Meds

- Work slowly!
 - Patients might not know a difference right away when they take them
- Must be taken regularly for them to work.
- Might be taken daily in green zone to keep asthma under control or added in the yellow zone to help with an asthma flare.



Controller Meds



Controller meds with steroids and long-acting bronchodilators



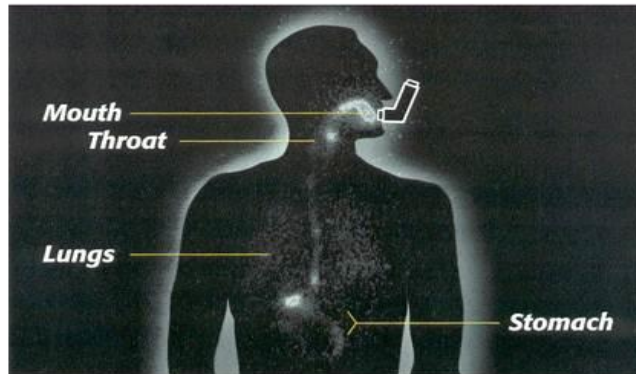
Spacers!!!!!!!!!!!!!!!!!!!!

- Always make sure to mention that the patient must use a spacer to guarantee that they are getting the meds.



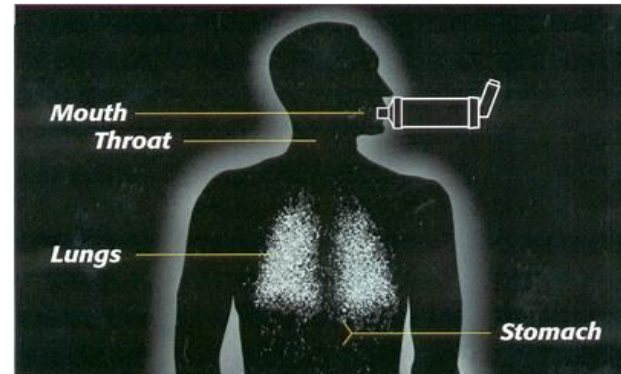
Why use a Spacer?

Why use a **Spacer** with an Inhaler?



Inhaler alone

When an inhaler is used alone, medicine ends up in the mouth, throat, stomach and lungs.



Inhaler used with spacer device

When an inhaler is used with a spacer device, more medicine is delivered to the lungs.

"Comparative respiratory deposition of ^{99m}Tc labeled particles of albuterol using a metered dose inhaler, a metered dose inhaler with Aerochamber® spacer and OptiChamber® spacer in healthy human volunteers using gamma-scintigraphy," R. Beihn, PhD, Scintiprox, Inc., Indianapolis, IN and D. Doherty, MD, Dept. of Pulmonology, University of Kentucky Medical Center, Lexington, KY, 1997.

Images kindly provided by Respiroics HealthScan Inc.

Allies Against Asthma, Center for Pediatric Research, 855 W. Brambleton Ave., Norfolk, VA 23510, 757-668-6435

ASTHMA ACTION PLAN

Asthma Action Plan



The image displays an Asthma Action Plan form on the left and a traffic light diagram on the right. The form is titled 'Asthma Action Plan' and includes sections for 'Green Zone', 'Yellow Zone', and 'Red Zone'. The traffic light diagram shows three lights: red (top), yellow (middle), and green (bottom). The green light is illuminated, indicating the 'Green zone'.

Green zone - when symptoms are controlled

Yellow zone - when symptoms are present

Red zone - when symptoms do not go away or get worse

AMERICAN LUNG ASSOCIATION
Fighting for life

Triage of the Sick Patient

- How long has the patient been sick?
 - New onset or coughing for several days/weeks
- Frequency of treatments
 - Are they being done Q4 or was the last one several hours prior
- Remember to try the three treatments in an hour
 - One treatment every 20 mins up to three times
 - If child is not better they should be seen immediately and if they have a dose steroids at home then they need to take those also



Triage of the Sick Patient

- Retractions
 - Have the parent lift up the child's shirt and watch them breath
- Color change
 - Blue lips or fingernails
- Have they started the yellow zone and when
- How are meds being delivered
 - Are they using a spacer
 - If using a nebulizer machine, is the face mask being held against child's face throughout entire treatment. No blow-by!



Example:

- 8 year old, known asthmatic
- Cough for the past 4 days
- No fevers
- Using Albuterol



- Is patient able to talk in complete sentences?
- Anything help the chest pain or SOA?
- How long has this been going on?
- Night time only or throughout the day?
- Activities make it worse?
- What would you do?



Any Questions??????????



References:

- CMH asthma booklet – www.childrensmercy.org/asthma
- NIH guidelines - <https://www.niaid.nih.gov>
- <https://www.nhlbi.nih.gov>
- www.aafa.org