

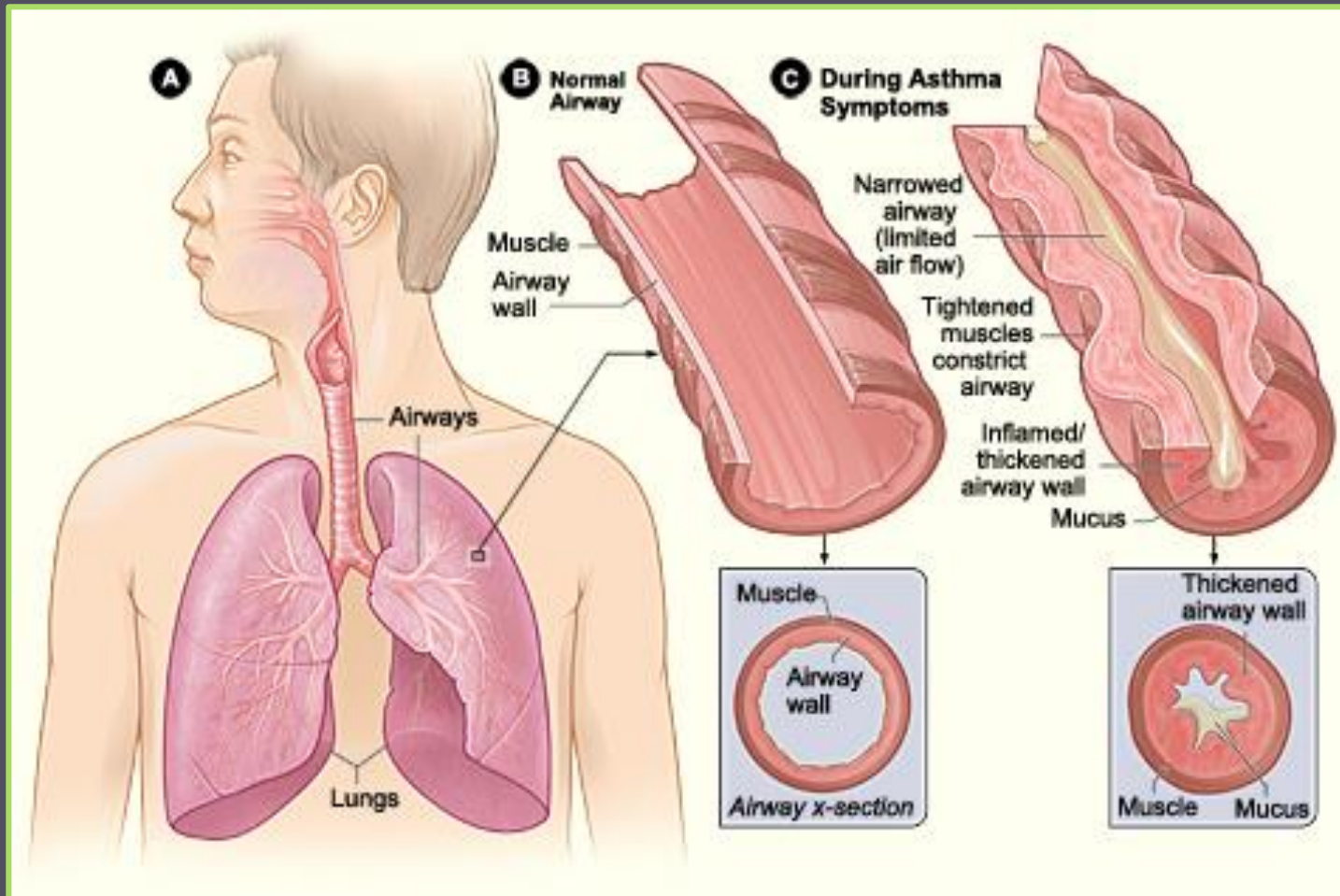
Asthma

Johnson County Health Department

Amber Terhune, RN, BSN, Health Educator

February 2018

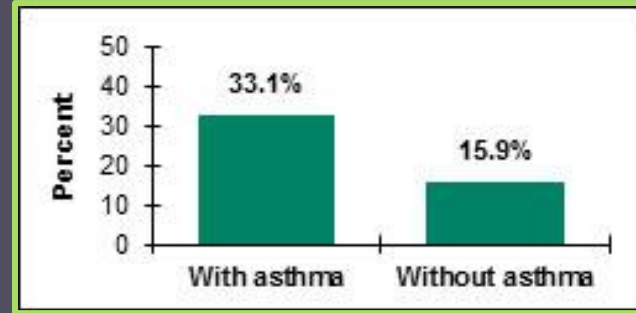
What It Is



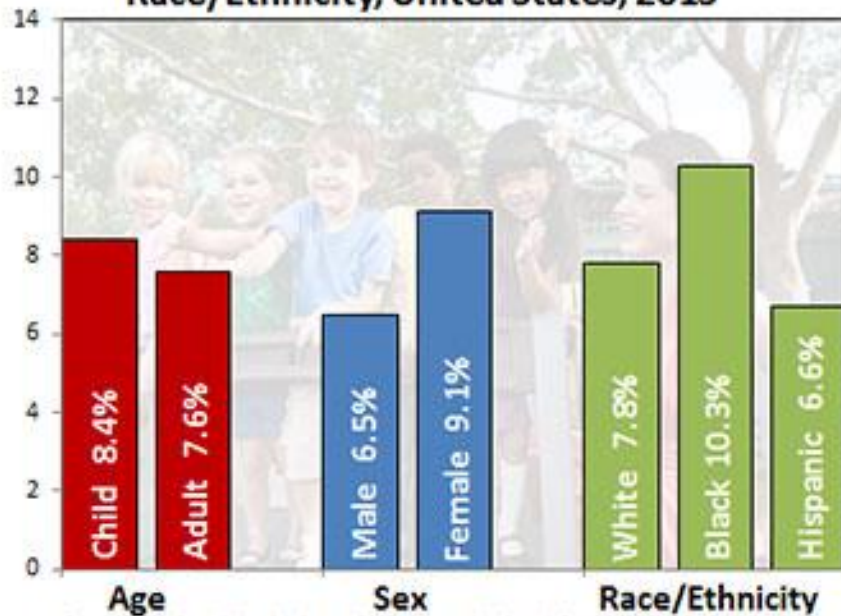
- Chronic disease affecting lungs
- Common long-term childhood disease
- Also affects adults

NIH. *Asthma*, n.d.
<https://www.nhlbi.nih.gov/health-topics/asthma>

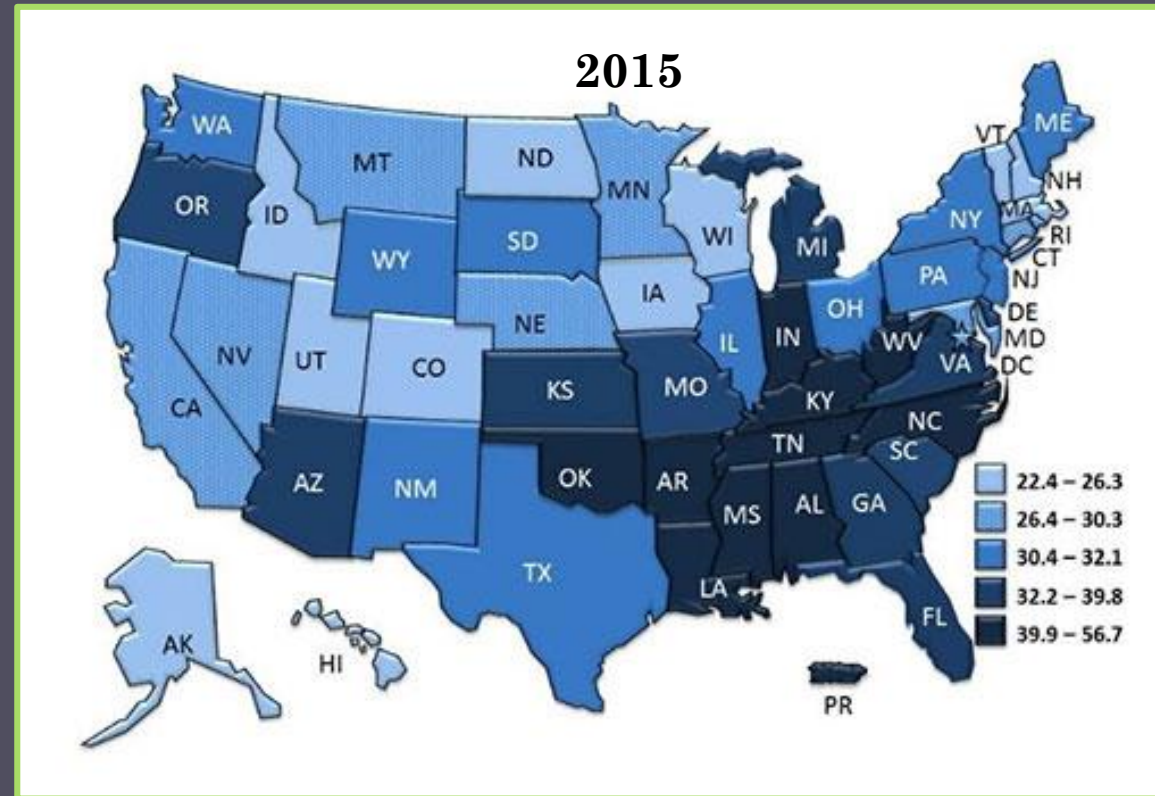
Statistics



Current Asthma Prevalence Percents by Age, Sex, and Race/Ethnicity, United States, 2015



Source: National Health Interview Survey, National Center for Health Statistics, Centers for Disease Control and Prevention



Risks

- Maternal smoking during pregnancy
- Smoking



Jana. Whisky & Sunshine. *Parent's Guide to Childhood Asthma: Risk Factors, Symptoms, and Treatments*, 13 Nov. 2015. <https://www.whiskynsunshine.com/parents-guide-to-childhood-asthma-risk-factors-symptoms-and-treatments/>

Symptoms

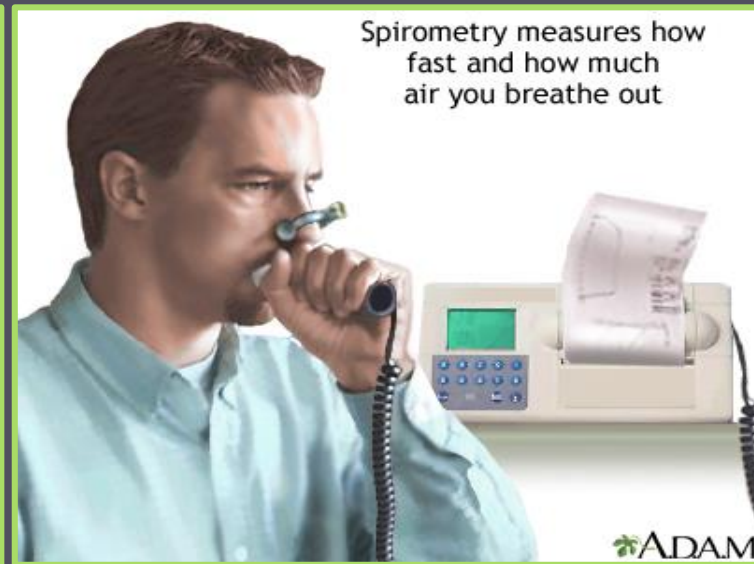
Symptoms of Asthma



© www.medindia.net

Diagnosis

May trial asthma medications



Rissadiary. *Types of Allergy Testing*, 29 May 2017.
<http://orissadiary.com/types-allergy-testing/>

Medline Plus. *Spirometry*, 16 Jul. 2017.
<https://medlineplus.gov/ency/imagepages/1142.htm>

Blaivas, Allen J., D.O. Loma Linda University Health. *Asthma*, n.d.
<https://healthlibrary.lomalindahealth.org/Conditions/Asthma/56.DM511>

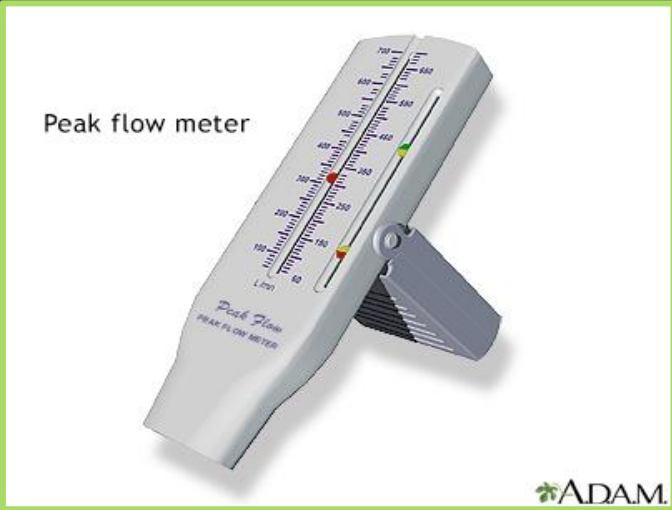
Classifications

	Symptoms	
	Daytime	Nighttime
Mild intermittent	≤2 per week	≤2 per month
Mild persistent	>2 per week, but <1 per day	>2 per month
Moderate persistent	Daily symptoms	>1 per week
Severe persistent	Continual day symptoms	Frequent night symptoms

Wang, M.D., Julie. Healio. *Strategies Being Investigated to Decrease Incidence of Pediatric Asthma*, Jan. 2007. <https://www.healio.com/pediatrics/allergy-asthma-immunology/news/print/infectious-diseases-in-children/%7B39ac463a-cba7-4946-a61a-cdcae9af4d7e%7D/strategies-being-investigated-to-decrease-incidence-of-pediatric-asthma>

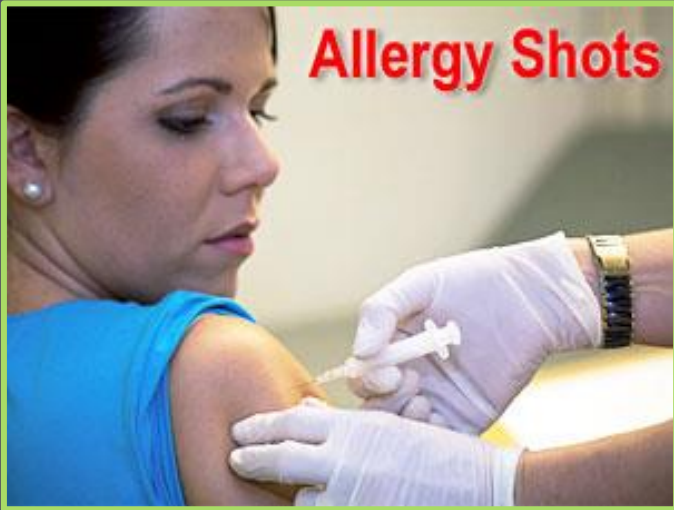
Treatment

NO CURE



Peak flow meter

ADAM.



Allergy Shots

Tom, Dr. Sarita. Naet Dubai. *Hay Fever/Allergic Rhinitis*, 14 Jan. 2016.
<https://www.naetdubai.com/blog/hay-fever-allergic-rhinitis/>

Medline Plus. *Peak Flow Meter*, 5 Sep. 2017.
<https://medlineplus.gov/ency/imagepages/19367.htm>

ASTHMA DRUG THERAPY

RELIEVERS	CONTROLLERS	PREVENTERS
<p>1. Short-acting β_2-agonists</p> <p>Asthavent[®] MDI / DP-Haler[®] / Revolizer[®] (Salbutamol)</p> <p>Berotec[®] MDI (Fenoterol)</p> <p>Venteze[®] MDI (Salbutamol)</p> <p>Ventolin[®] MDI / Accuhaler[®] (Salbutamol)</p> <p>2. Anticholinergics</p> <p>Atrovent[®] MDI (Ipratropium Bromide)</p> <p>Ipvent-40[®] MDI (Ipratropium Bromide)</p> <p>Spiriva Handihaler[®] (Tiotropium)</p>	<p>Long-acting β_2-agonists</p> <p>Foratec DP-Haler[®] / Revolizer[®] (Formoterol)</p> <p>Oxis Turbuhaler[®] (Formoterol)</p> <p>Serevent[®] MDI / Accuhaler[®] (Salmeterol)</p> <p>COMBINATIONS</p> <p>DP-Haler[®] / Revolizer[®] (Budesonide + Formoterol)</p> <p>Seretide[®] MDI / Accuhaler[®] (Fluticasone + Salmeterol)</p> <p>Symbicord Turbuhaler[®] (Budesonide + Formoterol)</p>	<p>1. Inhaled Corticosteroids</p> <p>Alvesco[®] MDI (Ciclesonide)</p> <p>Beclate HFA[®] MDI (Beclomethasone)</p> <p>Budeflam DP-Haler[®] / Revolizer[®] (Budesonide)</p> <p>Budeflam HFA Gentle-Haler[®] (Budesonide)</p> <p>Flixotide[®] MDI / Accuhaler[®] (Fluticasone)</p> <p>Inflammide[®] MDI / Novolizer[®] (Budesonide)</p> <p>Pulmicort Turbuhaler[®] (Budesonide)</p> <p>QVAR[®] MDI (Beclomethasone)</p> <p>2. Leukotriene receptor antagonist</p> <p>Singulair[®] tablets (Montelukast)</p>

Pinterest. *Explore Respiratory Therapy, Respiratory System, and More!* n.d.
<https://www.pinterest.com/pin/280138039297782820/>

Using An Inhaler

1

Take the cap off the inhaler and make sure the mouthpiece and spray hole are clean.



2

Shake the inhaler 10-15 times.



3

Put the inhaler mouthpiece into the end of the spacer.



4

Inhale a deep breath and breathe out all the way.



5

Hold the inhaler and spacer between your index finger and thumb.



6

Put the mouthpiece of the spacer in your mouth and above your tongue.



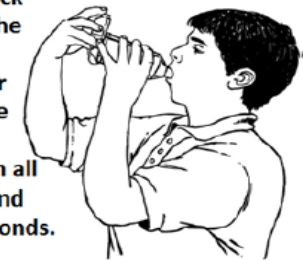
7

Close your lips around the spacer.



8

Tilt your head back slightly toward the ceiling. Press the top of the inhaler to spray one dose of medicine. Slowly breathe in all the air you can and hold for 5-10 seconds.



9

Open your mouth...



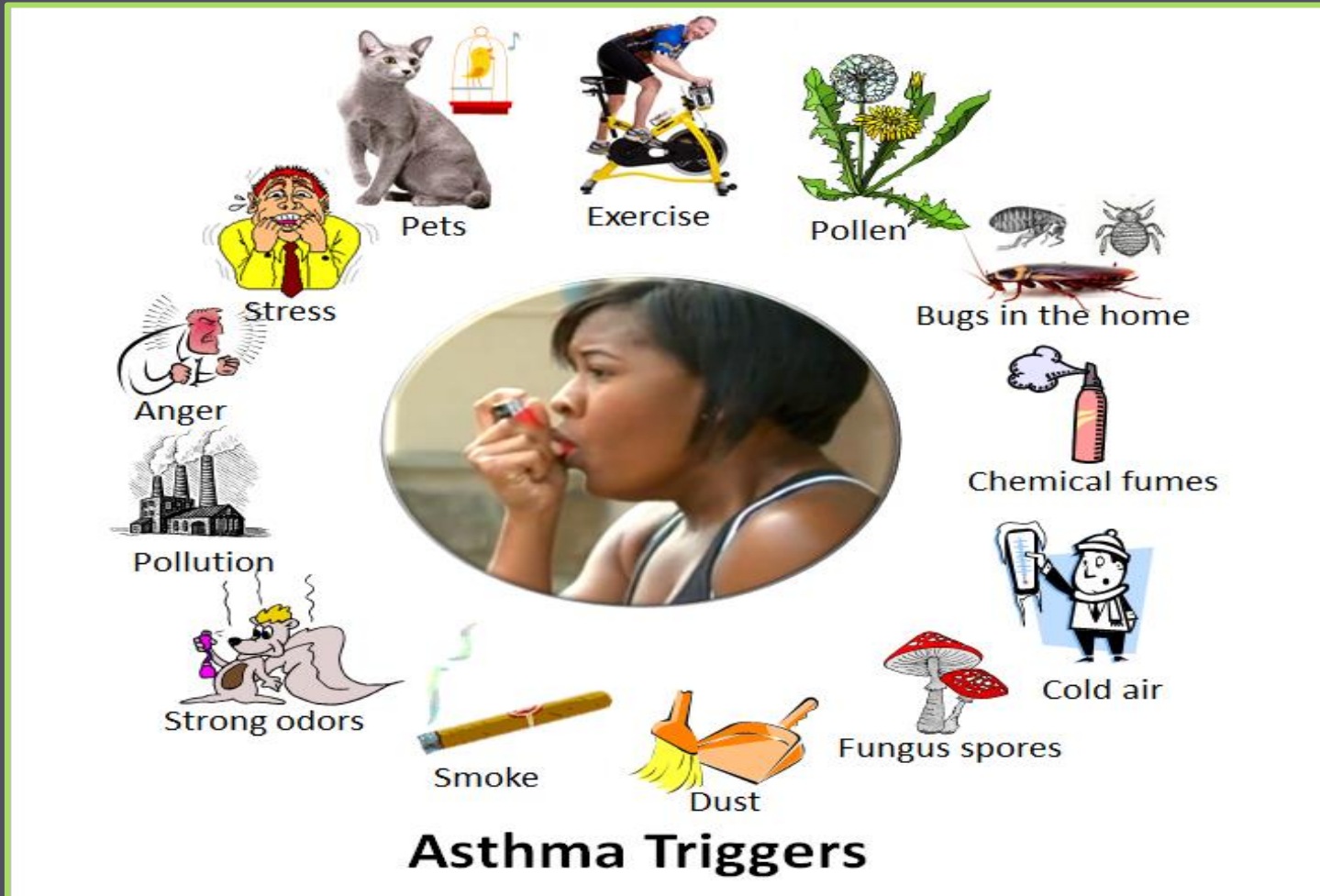
10

...and breathe out slowly.



CDC. *Asthma: Know How to Use Your Asthma Inhaler*, 19 Nov. 2014. https://www.cdc.gov/asthma/inhaler_video/default.htm

Triggers

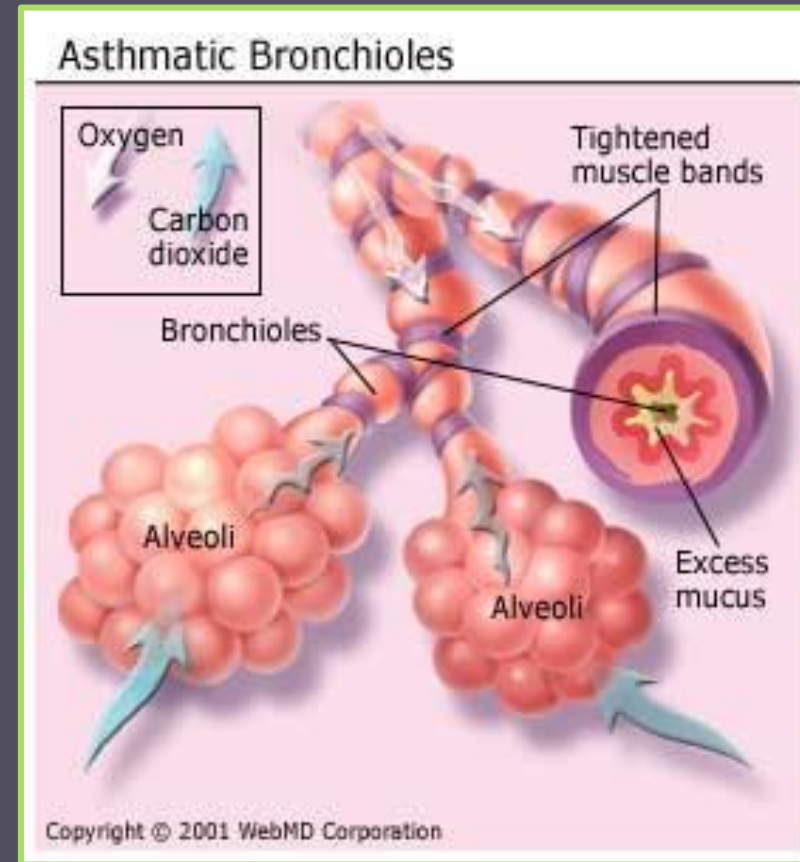


- Respiratory infections
- Fragrances
- GERD

Healthdip. *Asthma Causes and Risk Factors*, 22 Jan. 2014.
<http://www.healthdip.com/2014/01/asthma-asthma-is-situation-in-which.html>


Asthma Attack

- Increase in symptoms, frequency, or severity
- Know how to treat
- Can be life threatening



Alli, MD, Renee A. WebMD. *What Is Asthma?* 1 Mar. 2016.
<https://www.webmd.com/asthma/guide/what-is-asthma#1>

Living With Asthma



Living Well with Asthma

Take drugs as prescribed
Control needs to be maintained

Try relaxation techniques
to manage stress

Become an expert in asthma.
Informed patients gain more

Consider breathing techniques,
such as Buteyko breathing

Identify triggers and eliminate
them where possible.

Stop smoking and maintain a
healthy weight.

See your doctor **AT LEAST** once
a year, preferably more frequently

Adapt your life to the condition and
avoid what triggers your condition.

DotComWomen.com

- Create and follow an asthma action plan
- Prevent respiratory infections
- Find support

Dotcomwomen. *Coping With Asthma Attacks*, 1 Aug. 2013.
<http://www.dotcomwomen.com/fitness/coping-with-asthma-attacks/14858/>

References

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- Centers for Disease Control and Prevention. "Asthma." *CDC.gov*, 10 Jan. 2018. <https://www.cdc.gov/asthma/>. Accessed 30 Jan. 2018.
- Mayo Clinic. "Asthma." *MayoClinic.org*, 30 Aug. 2016. <https://www.mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653>. Accessed 30 Jan. 2018.
- Mustafa, MD, Sued Shahzad et. al. "Asthma." *Medicinenet.com*, 17 Jan. 2017. https://www.medicinenet.com/asthma_overview/article.htm#what_is_the_definition_of_asthma. Accessed 30 Jan. 2018.
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- WebMD. "Asthma Guide." *WebMD.com*, n.d. <https://www.webmd.com/asthma/guide/default.htm>. Accessed 30 Jan. 2018.