



Asthma



MCAC

Mecklenburg County Asthma Coalition



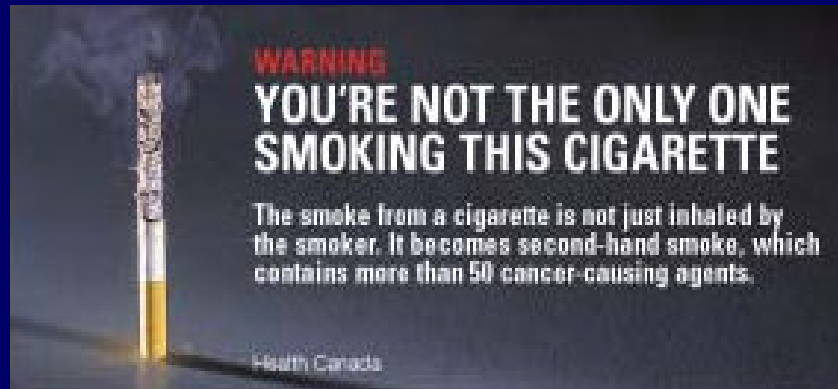
What is Asthma All About?

- ❑ Usually begins in childhood but can present at any age
- ❑ Associated allergies
- ❑ 21 million patients with asthma in the US, about 6 million are under 18 years old
- ❑ Responsible for 8 million lost workdays in the US and leading cause of lost school days
- ❑ The more severe the asthma in childhood, the more likely it will persist into adulthood



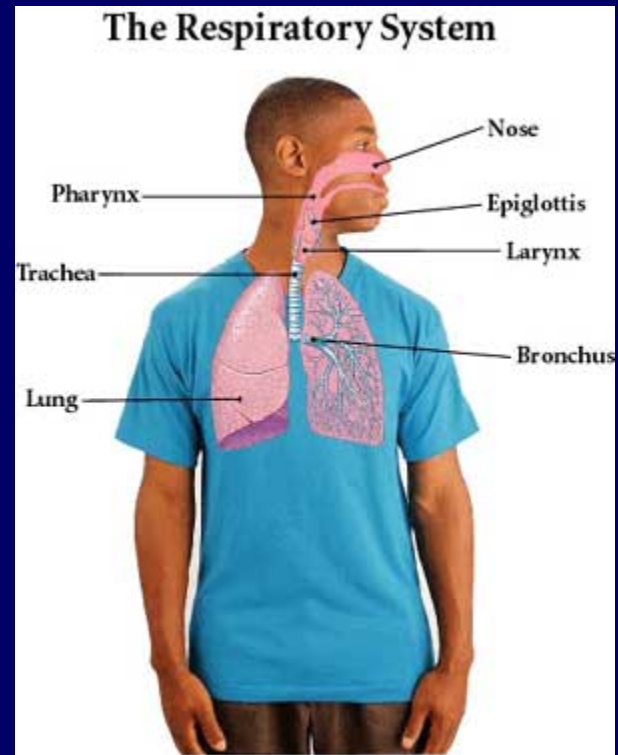
Risk Factors for Asthma

- Family history
- Allergen exposure
- Tobacco smoke exposure
- Outdoor and Indoor Pollution
- Occupational exposures (dust, chemicals)



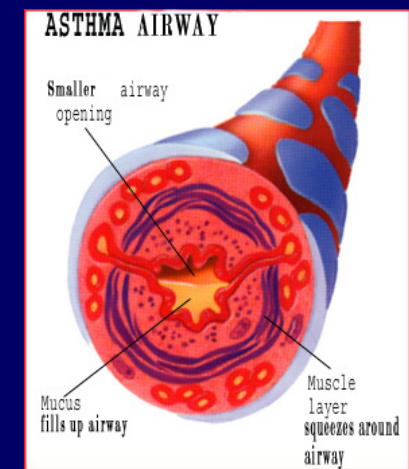
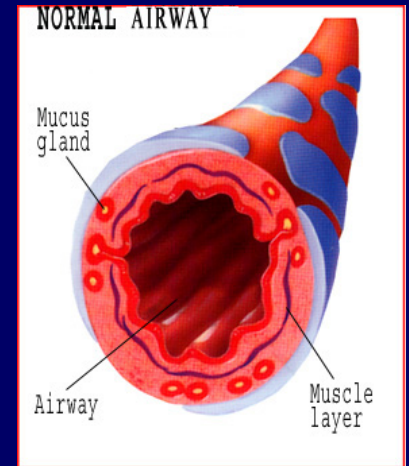


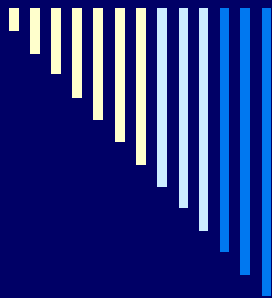
What is asthma?



What is Asthma?

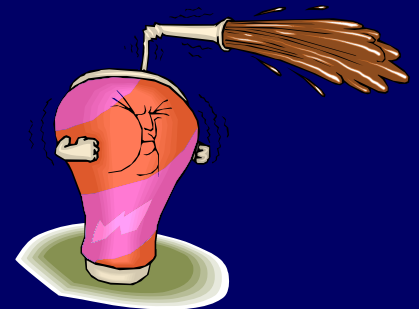
- ❑ Chronic *inflammation of the airways*
- ❑ Muscles in airways tighten
- ❑ Inside lining of airway swells, and produces mucous





How does it feel to have an asthma attack?

- Remove paper from straw
- Pinch your nose
- Insert straw in your mouth and breathe in and out of your mouth several times
- Take a break



If you have asthma do not do this test! It could trigger an episode



Goals of Asthma Treatment:

- ❑ Prevent asthma symptoms
- ❑ Less use of quick relief medicine (inhaler) for symptoms
- ❑ Near normal lung function
- ❑ Participate in activity
- ❑ Prevent severe asthma attacks
- ❑ No ED or hospital visits





Treatment for asthma

- Identify symptoms
 - Identify triggers
 - Medications to control symptoms
 - Quick Relievers for episodes
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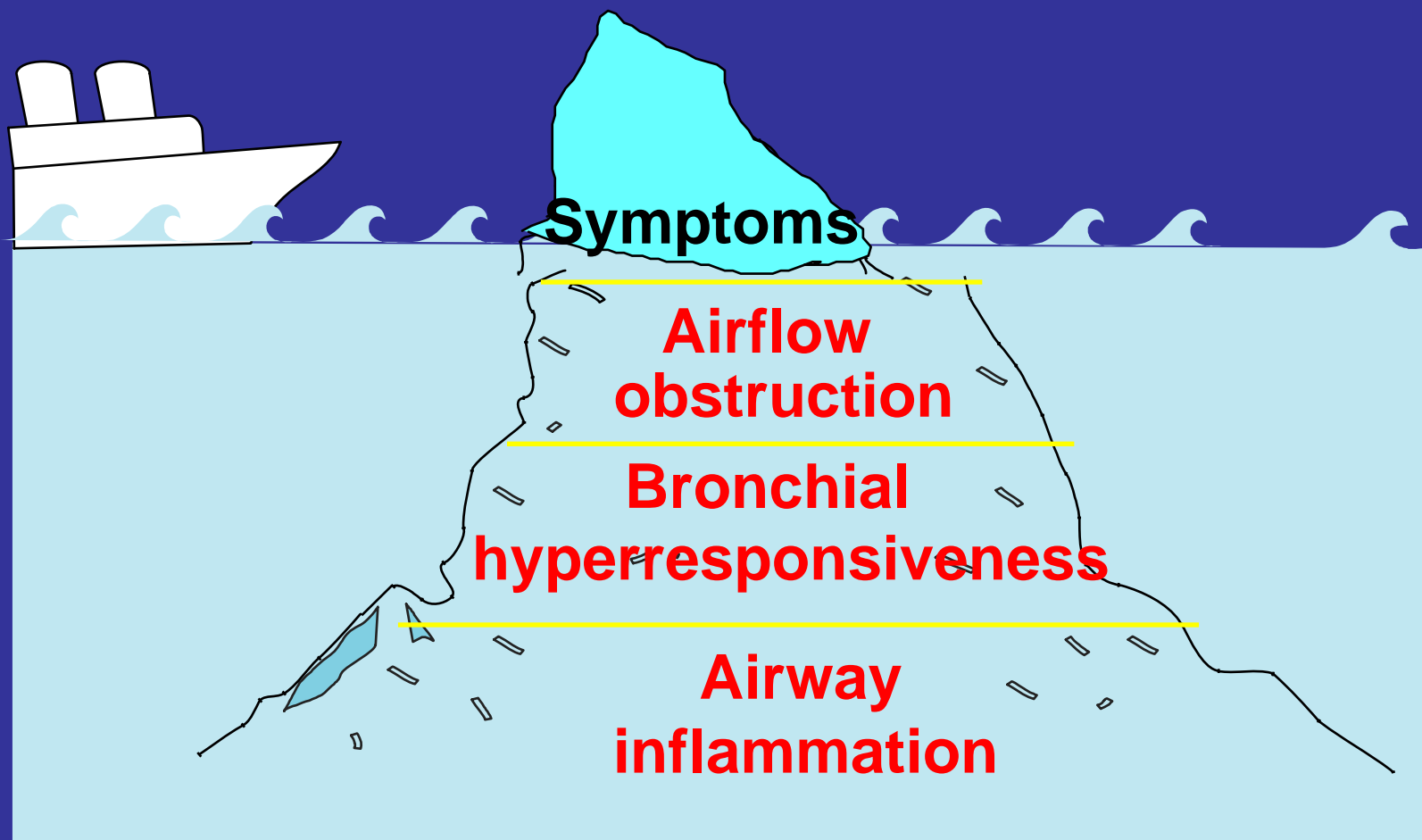


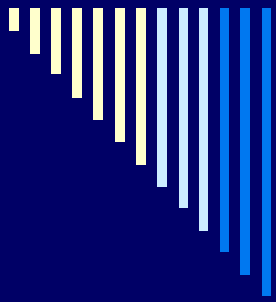
Asthma symptoms

- ❑ Coughing- Worse at night, after exercise, in smoky room or cold air
- ❑ Wheezing
- ❑ Breathing much faster or slower
- ❑ Shortness of breath
- ❑ Chest tightness



A Lot Going On Beneath The Surface





Danger signs

Call 911

- ❑ No improvement with quick relief medications or improvement lasts less than 2 hours
 - ❑ Peak flow is 50% of normal
 - ❑ Lips or fingernails blue or gray
 - ❑ Drowsiness, sudden agitation
 - ❑ Difficulty breathing
 - ❑ Sweating
-



Medications



- Rescue Meds
- Controller Meds



QUICK RELIEF / RESCUE MEDICATIONS

Use these medicines to relieve asthma symptoms

Rapid onset of action-peak in 15 minutes
Duration of action 4-6 hours

- Albuterol
 - ProAir, MaxAir, Ventolin, Proventil
- Xopenex

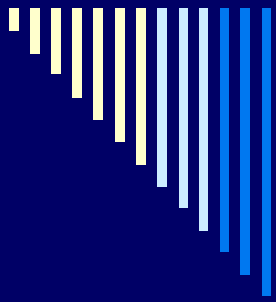




QUICK RELIEF / RESCUE MEDICATIONS

- Oral Steroids
 - Prednisone
 - Orapred
 - Prednisolone





Controller Medications

These medicines help control asthma but will not work quickly to relieve symptoms

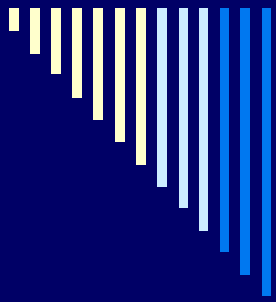
- Inhaled Steroids
 - Flovent
 - Pulmicort
- Combination Medications
 - Advair
 - Symbicort
- Other
 - Singulair



SKILLS: HOW TO USE DRUG DELIVERY DEVICES

- ❑ Nebulizer
- ❑ Metered Dose Inhaler (MDI)
- ❑ Diskus
- ❑ Turbuhaler
- ❑ Aerolizer

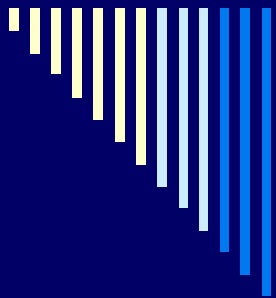




How does it feel?

- “I can’t.....
- I’m scared.....
- I don’t want anyone to know
- It’s all emotional
- I feel guilty....





Triggers



A trigger is anything that can make asthma worse



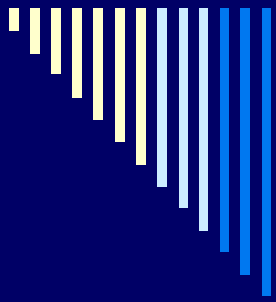
TRIGGERS

- Allergens
 - Irritants
 - Others
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Controlling Triggers

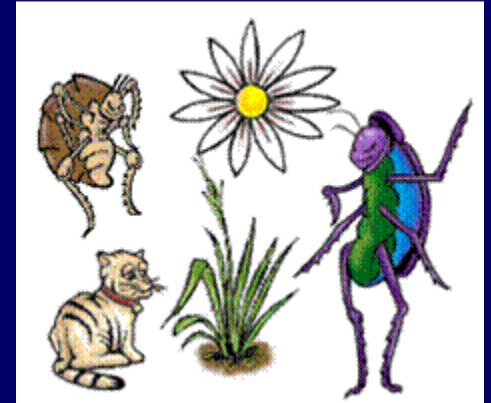
- Identify your triggers
 - Everyone has different triggers
 - Avoid or stay away from triggers
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TRIGGERS

Allergens

- Molds
- Dust mites
- Pollens
 - Trees, weeds and grasses
- Cockroaches
- Animals with fur and birds
 - Dogs, cats





TRIGGERS

Irritants

- ❑ Colds, flu, and viruses
- ❑ Smoke
 - Secondhand cigarette smoke
 - Smoke from fireplaces, wood stoves, kerosene heaters
- ❑ Outdoor air quality
- ❑ Strong odors, perfumes
 - Scented candles
 - Air fresheners
 - Household cleaners
 - Paint fumes

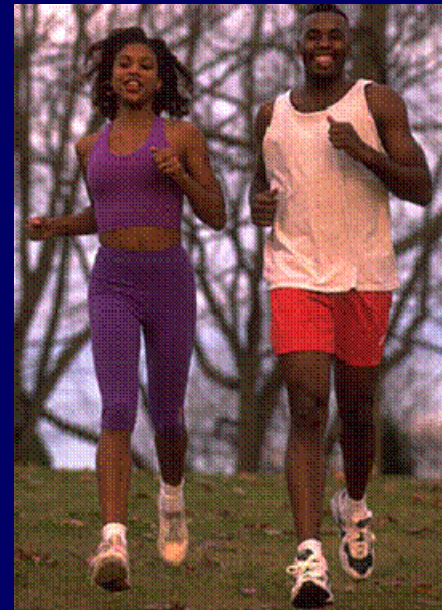


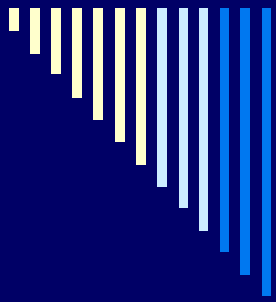


TRIGGERS

Other triggers

- ❑ Exercise
- ❑ Weather changes
 - Cold air
- ❑ Strong emotion
 - Yelling, laughing, crying

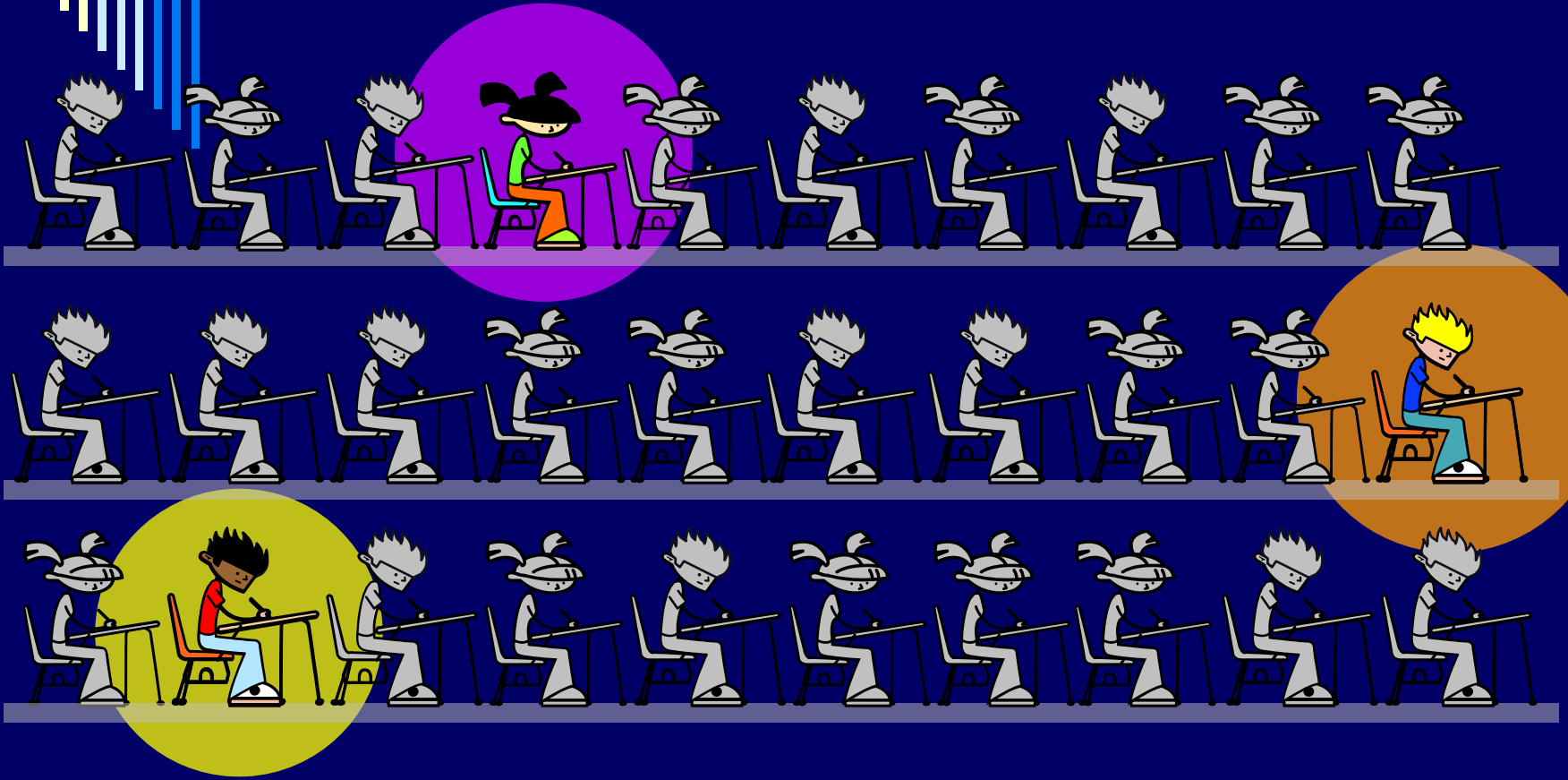




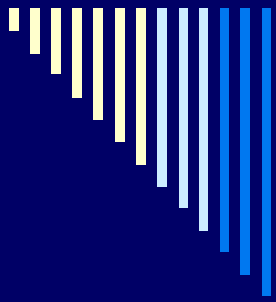
How to handle an asthma episode

- o Sit down
 - o Stay Calm
 - o Focus on breathing
 - o Get help: Administer quick relief medications
 - o Call 911 if necessary
 - o Always monitor 20-30 min. after giving quick relief medication
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On average, 3 children in a classroom of 30



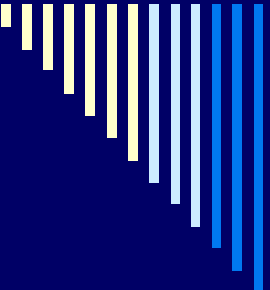
are likely to have asthma.



Asthma in School



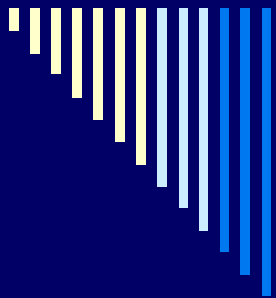
- Talk to school nurse
 - Coaches, teachers, custodians
- Asthma medication authorization
- Blue Card
- Quick Relief medication in school
- Asthma Action Plan in school
- Respiratory Consultant Services



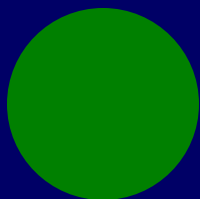
How do you know a flare-up is coming?

- “Feeling funny in my chest”
- Restless or trouble sleeping
- Moody, sneezing, sore throat, tired, itchy eyes, cough, stuffy nose

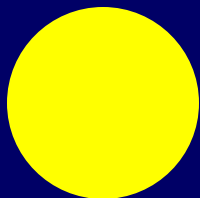




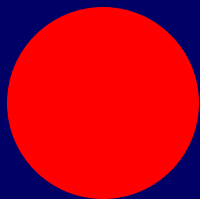
Asthma Action Plan



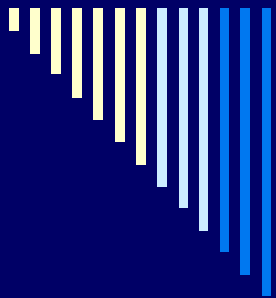
Green Zone:
Asthma is under good control



Yellow Zone:
Mild Asthma symptoms



Red Zone:
This is an emergency use rescue medicine
Call your Doctor, 911 or go to the emergency room



Resources

- Places to get nebulizers, spacers and Peak flow meters
- PCP
- Asthma educators
- Books on asthma
- Asthma classes





Talking with the Doctor

- What should the doctor know about my asthma?
 - What can I learn from this visit?
 - What can the doctor learn about my asthma during this visit?
 - What should we watch out for?
 - Any new ideas to share or discuss?
-



Talking to the Doctor

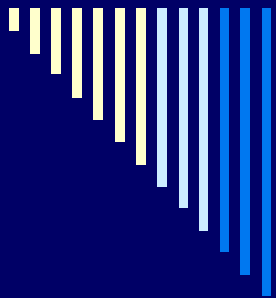


- Symptom review
 - Keep an Asthma Symptom diary
 - Learning needs?
 - Need a new Action Plan?
-



Phone Call Scenario

- ❑ Your child is not feeling well, look at their Asthma Action Plan.
 - ❑ You check peak flow- record results
 - ❑ You give the prescribed meds (per action plan)
 - ❑ Now what? You call the MD- What do you say? What do they need to know?
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Questions?

Thank you!
