

Dr MMs **ADULT ASTHMA** Crib Sheet

Diagnosis

Breathlessness cough +/- wheeze

Variable symptoms

May have hay fever or eczema

Triggered by URTI exercise cold weather allergies damp house
[fungi] occupational

PF readings spirometry [will only show obstruction when
symptoms present]

Management

3 Questions

- The Royal College of Physicians (RCP) 'three questions' are widely used:
 - In the last month/week have you had difficulty sleeping due to your asthma (including cough symptoms)?
 - Have you had your usual asthma symptoms (eg, cough, wheeze, chest tightness, shortness of breath) during the day?
 - Has your asthma interfered with your usual daily activities (eg, school, work, housework)?

Note: one 'yes' indicates medium morbidity and two or three 'yes' answers indicate high morbidity.

Smoking

Flu and Pneumo imms

Number of acute episodes in last 1 year

Use of salbutamol [check computer]

Check inhaler technique. ?Using the spacer

Check PF ?issue PF Meter and diary. May do spirometry as well.

Action Plan

<http://www.asthma.org.uk/advice-asthma-action-plan>

Steps

0 Treat rhinitis with antihistamine and steroid nose spray

1 One thing Salbutamol [or terbutaline]

2 Two things add inhaled corticosteroid start at 200 mcg beclometasone/budesonide daily [or half this as fluticasone or Qvar as it is more efficiently inhaled] go to 400 mcg/day

3 Three things add salmeterol or formeterol as combined inhaler with corticosteroid

4 Refer. Specialised treatments can include anti fungal drugs and the monoclonal antibody Omalizumab. Also refer suspected occupational asthma. Also those with repeated acute episodes.

Asthma in Pregnancy: Treatment same as non pregnant

Acute Episode

Check pulse observe respiratory rate listen for wheeze/crackles

Do Sat

Do PF

Neb 5mg Salbutamol in O2 or 10 puffs Via Volumatic

Can repeat after 15 mins if waiting for admission

Recheck Sat

Start Prednisolone 30mg daily for 5 days

Admit those with past history of admissions or late at night