

Etiology

- **Allergens** (dust mite, pollen, grass, animal dander)
- **Respiratory Infections**
- **Nasal/Sinus Problems**
- **Exercise Induced**
- **Cold, dry air**
- **Drug & Food Additives**
- **GERD**
- **Emotional** (stress, panic & anxiety can trigger or worsen an attack)

S/S

- **Wheezing**
- **SOB**
- **Chest tightness**
- **Nasal flaring**
- **Cough**
- **Attacks may be related to circadian rhythms**

Complications

- **Pneumothorax**
- **Pneumomediastium**
- **Atelectasis**
- **Pneumonia**
- **Status asthmaticus**

ASTHMA

Chronic inflammatory d/o of the airways causing various degrees of obstruction

Meds

- **Inhalers** (MDI, Aero Chamber, Auto Inhaler, Diskus)

Labs/Diagnostics

- **ABG's are best indicator of O₂ status!**

Patient Teaching

- **Inhalation technique for meds**
- **Breathing techniques**
- **Check daily peak flow & record values**