

Asthma

Asthma is a common condition that affects the bronchi and bronchioles (Small air passages) in the lungs.

These passages become swollen, the muscles surrounding the airway become constrictive and a mucous build up occurs within the airway.

Signs & Symptoms

- Pale and sweaty skin
- Dry, persistent cough, particularly at night, early morning or with exercise
- Shortness of breath
- Chest tightness
- Cyanosis (blue skin or lips)
- Anxiety and distress
- Symptoms getting worse quickly
- Wheezing
- Gasping for breath
- Inability to speak more than one word at a time.
- Children appear restless.

Treatment

- Follow the personal action plan if available
- Sit the person in an upright comfortable position
- Do not leave the patient unattended
- Reassure the patient
- Give the patient reliever medication (Ventolin or Asmol) reliever medication with the use of a spacer for better delivery
- Give 4 x puffs of the reliever medication with 4 breaths between each puff. Wait 4 minutes and see if the patients signs and symptoms improve.
- Coughing is an improvement if the patient was not coughing previously.



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