

Dr MM's **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