

ASTHMA Cheat Sheet

by harpieee via cheatography.com/71374/cs/18451/

ASTHMA

Chronic inflammatory disorder of the airways resulting in intermittent and reversible airflow obstruction of the bronchioles

CONTRIBUTING FACTORS

| Extrinsic: | Intrinsic: | Older adult clients: |
|--|----------------------------------|---|
| Antigen-antibody reaction triggered by | Pathophysiological abnormalities | Beta receptors are less responsive to agonist |
| food, meds, or inhaled substances | within the respiratory tract | and trigger bronchospasm |

MANIFESTATIONS

| Sudden, severe dyspnea w/ use of accessory muscles | Sitting up, leaning forward |
|--|-----------------------------|
| Diaphoresis | Anxiety |
| Wheezing | Gasping |
| Coughing | Cyanosis (late sign) |
| Barrel chest | |

DIAGNOSTIC PROCEDURES

ABGs

Sputum cultures

Pulmonary function tests

MEDICATIONS

BRONCHODILATORS:

Short-acting inhaled: albuterol for rapid relief

Methylxanthines: theophylline

ANTI-INFLAMMATORY:

Corticosteroids: fluticasone and prednisone

Leukotriene antagonists: montelukast

COMBINATION AGENTS:

Ipratropium and albuterol

Fluticasone and salmeterol

With inhaled agents, administer bronchodilators BEFORE anti-

inflammatory med

NURSING INTERVENTIONS

Remain w/ pt during attack

Position pt in high-Fowler's

Monitor lung sounds & pulse oximetry

Administer oxygen therapy

Maintain IV access

Therapeutic measures: respiratory treatments, oxygen administration

CLIENT EDUCATION

Avoid allergens & triggers

Properly use inhaler and peak flow monitoring



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