

# **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	Pathophysiol-	Beta receptors are
reaction triggered by	ogical abnorm-	less responsive to
food, meds, or inhaled	alities within the	agonist and trigger
substances	respiratory tract	bronchospasm

# **MANIFESTATIONS**

Sudden, severe dyspnea w/ use of	Sitting up, leaning
accessory muscles	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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