

Asthma

氣喘(英文)

◆ What is asthma

Asthma is a chronic airway inflammatory response. The airway will become narrowing or obstruction and lead to dyspnea.

◆ Preceding sign of asthma attack

1. Peak expiratory flow decreased
2. increased respiratory rate
3. Cough
4. Chest tightness
5. Ill-looking appearance
6. Black eyelid
7. Irritable
8. Tearing · Running nose · Sneezing

◆ The symptoms of Asthma attack

Dyspnea, especially during expiration. Chest tightness. Dry cough. Wheezing.

When conditions become downhill, the respiration will be more strenuous, the chest will be more tightness and the patient will have cold sweating and feel extremely uncomfortable.

◆ Predisposing factors of asthma

1. Air pollution
2. The pollen of flowers
3. Indoor mite
4. Smoking
5. Infection of airway
6. Depression mood
7. Exercise/Physical activity
8. Food and Beverage additions
9. Fur of Animals
10. Mold
11. Some drugs
12. Sudden decrease of Temperature/cold weather

◆ Self-care of asthma patient

1. Try to find out the possible predisposing factors which can induce asthma attack. Avoid to contact with these predisposing factors.
2. Maintain the house clean without dust. Use vacuum cleaner to eliminate dust and reduce the usage of broom.
3. Try to change or clean indoor blanket and curtain as regular as possible.
4. Use synthesized fibric pillow and scarf instead of feathery pillow or sheep's scarf. It would be better to use the plastic bedcover.
5. Wear mask to protect mouth and nose during the cold weather.

I have been informed the Asthma and fully understood it.

Signed

Date



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P8800131 95.6.15 本(100張/本)21x29.7cm

6. Monitor the time of seasonal pollen. Decreased outdoor traveling during this period.

7. Monitor and record your peak expiratory flow everyday. They will let you know your respiratory pattern and let you detect the conditions before the Asthma attack.

◆ **Use the drugs correctly. Perform the Inhaler drugs to your doctor or educator to ensure your drug usage.**

◆ **Differentiate the using time and methods of acute relief drugs and long-term controlling drugs.**

◆ **Can Asthma patients go traveling?**

Yes, you can go traveling by following the prevention procedures:

1. Carrying the drugs: Especially the drugs which can be used during acute attack, like bronchodilator and oral prednisolone.

2. Carrying peak flow spirometry.

3. Avoid the smoking zone.

4. The local medical service should be accessible in the traveling area.

5. Avoid living in the hotel which air conditioner is full of dust.

6. Carrying your treatment plans for the emergent needs.

7. Adequate rest and sleep during the traveling.

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