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Asthma

Coughing

Chronic Lung Disease

Wheezing

Irritation

inflammation

shortness of breath

chest tightness

Corticosteroids

Chronic

Difficulty Breathing

Coughing

Shortness of Breath

Chronic Obstructive Pulmonary Disease

Emphysema

Chronic Bronchitis

Chronic Lung Disease

What is Asthma?

Disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing.



What is Asthma



Tightening of
air passage

Thick Mucus

Respiratory
Distress

Difficulty in
breathing

Wheezing

Coughing

Tightness of
the chest

- *The purpose of this capstone project was to improve the assessment of asthma control in children's ages five to 17 years old in a community health center.*
- *In addition, the project provided educational instructions to both children with asthma and their caregivers to facilitate asthma self-management. The mission of the capstone project was to provide evidence to the organization that this practice change improves pediatric asthma control.*

Who Is at Risk for Asthma? Who develope asthma?

- *Asthma affects people of all ages, but it most often starts during childhood. In the United States, more than 22 million people are known to have asthma. Nearly 6 million of these people are children.*
- *People of all races and all ages can be affected. An asthma diagnosis is five times more likely to be made before the age of 20, although older individuals can also develop it.*



The project goal was to improve the quality of asthma care given to pediatric patients by promoting inclusion of the asthma guidelines into the primary care setting, providing caregivers and children asthma self-management skills to improve asthma outcomes.

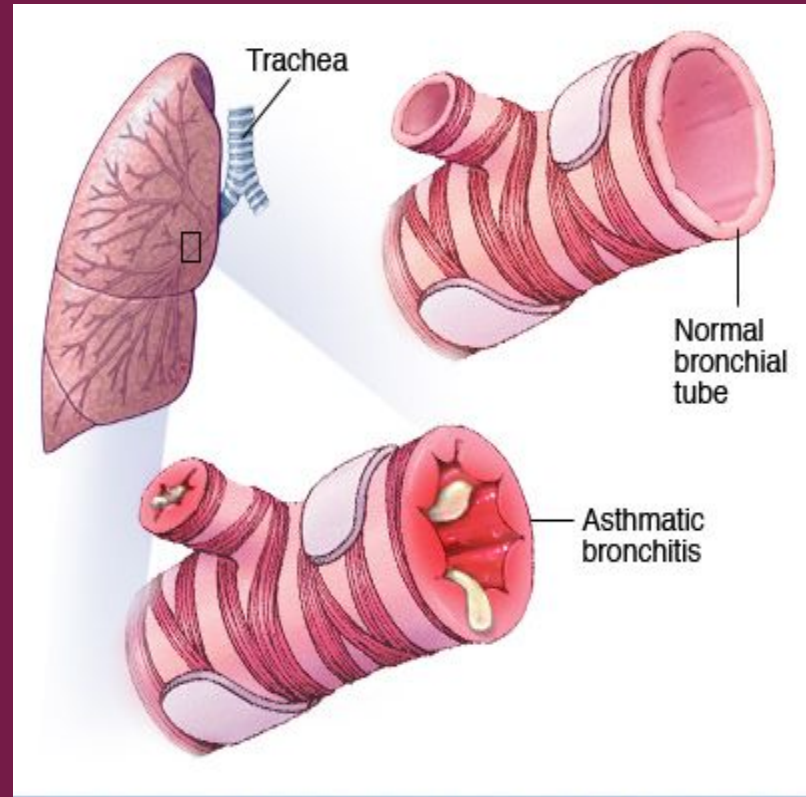


SIGNS & SYMPTOMS

- *Wheezing*
- *Coughing*
- *Shortness of breath*
- *Chest tightness*
- *Difficulty breathing*

Etiology I

- *Asthma is a chronic disease which affects the bronchial tubes that lead into the lungs*
- *Incubation period: several years*
- *Once you have asthma, you have it for life. However, it can be put under control until it is almost unnoticeable*



Etiology II

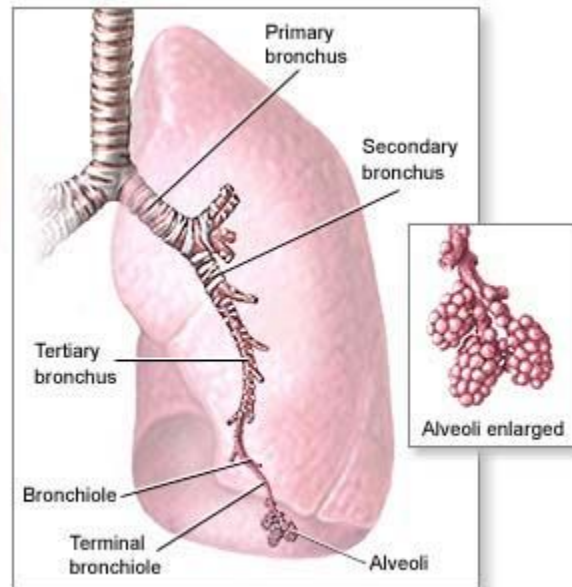
- *Symptoms are often worse early in the morning, or later at night as a response to cold air*
- *Common symptoms include: Wheezing, shortness of breath, chest tightening, and coughing*
- *Easiest method of detection is by the use of a stethoscope*



Respiratory System

The human respiratory system is a series of organs responsible for taking in oxygen and expelling carbon dioxide. The primary organs of the respiratory system are lungs, which carry out this exchange of gases as we breathe.

Respiratory viruses are a common asthma trigger for young children



What triggers symptoms?

- *Weather extremes*
- *Exercise*
- *Strong fumes, such as tobacco smoke, paint, and perfumes.*
- *Allergens, such as dust*

Potential Asthma Triggers



- *Young children who often wheeze and have respiratory infections—as well as certain other risk factors—are at highest risk of developing asthma that continues beyond 6 years of age. The other risk factors include having allergies, eczema (and allergic skin condition), or parents who have asthma.*
- *Among children, more boys have asthma than girls. But among adults, more women have the disease than men. It's not clear whether or how sex and sex hormones play a role in causing asthma.*
- *Most, but not all, people who have asthma have allergies. Some people develop asthma because of contact with certain chemical irritants or industrial dusts in the workplace. This type of asthma is called occupational asthma.*

This report aims to answer the following questions important to all interested in control of asthma:

(a) what kind of strategies have been implemented to help improve life for individuals with asthma?

(b) what challenges do program providers face in implementing your interventions?

(c) what are the factors that help make programs successful?

(d) what extent are programs implementing the factors that have been associated with success?

Treatments for asthma

Traditional treatments for asthma include rescue medication, thereby opening the airway and relieving symptoms. They also include long-term control medication, such as inhaled corticosteroids, which are taken regularly to control, suppress, and temporarily reverse inflammation.

- Non-traditional treatments for asthma are currently being investigated for herbal therapies, hypnosis, and acupuncture.



Types of drugs

Living Well with Asthma



Take drugs as prescribed
Control needs to be maintained

Try relaxation techniques
to manage stress

Become an expert in asthma.
Informed patients gain more

Consider breathing techniques,
such as Buteyko breathing

Identify triggers and eliminate
them where possible.

Stop smoking and maintain a
healthy weight.

See your doctor **AT LEAST** once
a year, preferably more frequently

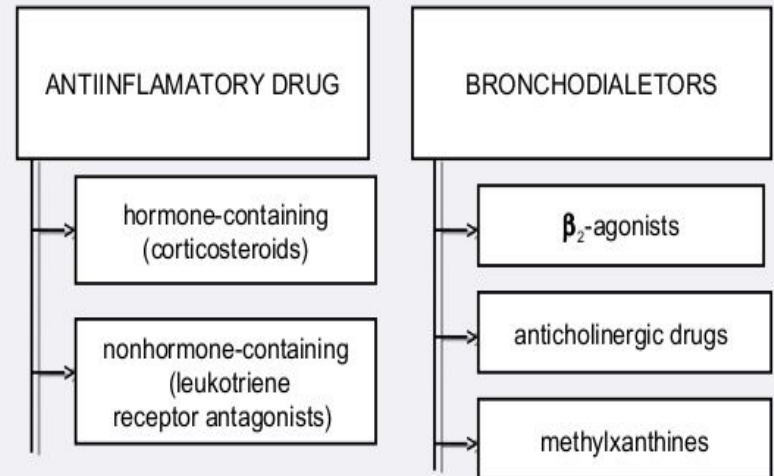
Adapt your life to the condition and
avoid what triggers your condition.

DotComWomen.com



DRUG THERAPY

✓ 2 types of drug categories are used:



Prognosis and Treatment

- *Correlation between using your prevented heler controler on helar and incidence of asthma fuller.*
- *Asthma inhalers are hand-held portable devices that deliver medication to your lungs.*
- *A variety of asthma inhalers are available to help control asthma symptoms.*
- *The easiest way to symptoms is simply to avoid the triggers that are known to affect.*
- *Preventative inhalers such as Albuterol or Flovent can be used to control symptoms and prevent attacks.*



Conclusion

Asthma is a common, chronic respiratory disease that can affect anyone. Almost symptoms are typically mild, but severe attacks can be very life-threatening and measures need to be taken to prevent them. The families and children in the intervention group were able to verbalize a better understanding of the disease, adherence with their daily preventative medication, and the avoidance of environmental triggers, a decrease in HCU, and missed school days.

Bibliography

1. *National Institutes of Health*. U.S. Department of Health and Human Services, n.d. Web. 06 Feb. 2017. <<https://www.nhlbi.nih.gov/health/health-topics/topics/asthma/atrisk>>.

When I reviewed this source will be required of me to complete the introduction. I also looking over the blog post, I see the necessary procedures and requirements for a introduction “Asthma affects people of all ages, but it most often starts during childhood. In the United States, more than 22 million people are known to have asthma. Nearly 6 million of these people are children”. I think that this will come in most handy when brainstorming about what the is my topic about I can use and how I can gather the things that I require. Though this source does not entirely apply to me and is in fact an assignment.

2. "Asthma: Nursing Care Management and Study Guide." *Nurseslabs*. N.p., 18 Jan. 2017. Web. 06 Feb. 2017. <<https://nurseslabs.com/asthma/>>.

When I reviewed this source I found some good information over the blog post. We already know that In the United States, more than 22 million people are known to have asthma. Nearly 6 million of these people are children. I think that this will come in most handy when brainstorming about how to attack also can use and how I can gather the things that I require. Though this source does not entirely apply to me and is in fact an assignment as well. Nurse also helping them control Asthma but can also help reduce severe attacks. They take care the presents who have that fuller.

3. "AAFA." *Asthma and Allergy Research* | AAFA.org. N.p., n.d. Web. 07 Feb. 2017.
<<http://www.aafa.org/page/asthma-allergy-research.aspx>>.

When I reviewed this source I first thought it was too unreliable, but it in fact is effective in providing a great overview of what will be the program they talking about it's helps me to understand some point. I think that this will come to the middle part mostly I talked about how I can help peoples to using this treatment method. Though this source does not entirely apply to me and is in fact an assignment overview for a class on my topic I think it does help me organize some point.

4. "Asthma | AAAAI." *The American Academy of Allergy, Asthma & Immunology*. N.p., n.d. Web. 07 Feb. 2017.
<<http://www.aaaai.org/conditions-and-treatments/asthma>>.

When I reviewed this source I was looking for some difference between fact is effective in providing. It does talking about how People with a family history of allergies or asthma are more prone to developing asthma great overview of what will be required of me to complete the documentary. Looking over the blog post, I think that this will come how I can gather the things that I require. Apply to me and is in fact an assignment overview it help me organize what need to go into the document.

5. *The New York Times*. The New York Times, n.d. Web. 13 May 2017. <<http://www.nytimes.com/health/guides/disease/asthma/print.html>>. "Asthma In-Depth Report"

When I reviewed this source I was looking for some difference between fact is effective in providing. It does talking about history of asthma are more prone to developing asthma great overview of what will be required of me to complete the documentary. Looking over the blog post, it has lot's of information about classic symptoms of asthma etc. This article gives the general information about asthma. Gives a definition of what asthma is a description, causes and even symptoms of asthma. The special features in the article is that it gives subheadings that people can go off of and can reference back to the subheading if needed for specific information. This article will be useful so people can find the symptoms and even go into a deeper thought about diagnosis and things like that. I think that this will come how I can gather the things that I require. Apply to me and is in fact an assignment overview it help me organize what need to go into the document.

6. Baddar, S., B. Jayakrishnan, and O. A. Al-Rawas. "Asthma Control: Importance of Compliance and Inhaler Technique Assessments." *The Journal of Asthma : Official Journal of the Association for the Care of Asthma*. U.S. National Library of Medicine, May 2014. Web. 13 May 2017. <<https://www.ncbi.nlm.nih.gov/pubmed/24304046>>.

importance of compliance and inhaler technique assessments. Patients with good inhaler techniques and compliance have better control of their asthma. Asthma control will remain suboptimal unless the reasons for this lack of control are identified, assessed and eliminated. We recommend that inhaler technique assessment and measurements of patient compliance with their prescribed treatments should be considered for inclusion in the current assessment tools.

7. "Is There a Natural Cure for Asthma?" *WebMD*. WebMD, n.d. Web. 07 Feb. 2017.
<<http://www.webmd.com/asthma/guide/natural-cure-asthma>>.

This article shows Natural cure for asthma you control your Asthma if you don't take your medication everyday. If you have asthma whole life is getting a test done on your body to try and help them with their asthma problems. As you consider the different types of natural asthma remedies available, it's of utmost importance to cautiously balance your desire to breathe easier with the possible dangers of the treatment, which may be unknown. Never use any natural dietary supplement without checking first with your healthcare provider or asthma specialist.

8. Agarwal, MD Shilpi. "6 Ways To Control Your Asthma Without Your Inhaler." *Your Holistic Health Guide*. N.p., 24 Mar. 2014. Web. 07 Feb. 2017.
<<http://www.everydayhealth.com/columns/shilpi-agarwal-your-holistic-health-guide/6-ways-to-control-your-asthma-without-your-inhaler/>>.

This article shows how you control your Asthma without using inhaler. if you don't take your medication everyday also you have trouble to using inhaler. If you have asthma whole life is getting a test done on your body to try and help them with their asthma problems. This article was created April 24, 2014. The special features in this page are that it gives little information about other staff that can also help you through. Also that how to care and what is the most important if you have asthma attack. I have most useful for getting information on something new that can help people to take care of them self. Those treatment are reliable I hope it might help control Asthma but can also help reduce severe attacks.

9. Admin. "How to Survive an Asthma Attack Without an Inhaler." *Bottom Line Inc.* N.p., 26 July 2016. Web. 07 Feb. 2017.

<<http://bottomlineinc.com/how-to-survive-an-asthma-attack-without-an-inhaler/>>.

This article shows how you control your Asthma if you don't take your medication everyday. If you have asthma whole life is getting a test done on your body to try and help them with their asthma problems. This article was created January 24, 2013. The special features in this page are that it gives little information about inhaler. So you're probably careful to keep your rescue inhaler with you at all times - in case of an emergency. Also that how to care and what is the most important if you have asthma attack. I have most useful for getting information on something new that can help people to take care of them self.

10. "New Asthma Treatment Helps Sufferers." *ABC News.* ABC News Network, n.d. Web. 13 May 2017.

<<http://abcnews.go.com/WNT/video/study-shows-long-lasting-treatment-asthma-sufferers-20195745>>.

This video shows how lots American had asthma whole life is getting a test done on there body to try and help them with their asthma problems. This video was created September 08, 2013 and was created by the Cleveland Clinic. The special features in this video are that it gives little interviews with the people and they talk about asthma. The Doctor also explain how simple that treatment is that can help easily. This video will be useful for getting information on something new that doctors are trying out to help people with asthma.

11. The pictures is about someone taking an inhaler because they're having an asthma attack. The inhaler helps people regain their breath back and helps the airways open back up. It also talks about Bronchodilators. The special feature in the picture is that it actually has someone using an inhaler instead of just an inhaler. This photo will be useful because it shows one treatment that a person can take to help them.