

Asthma Discharge Information

What is asthma?

Asthma is a lung condition that results in swelling and irritation of the airways and causes wheezing, coughing, and shortness of breath. The airways are the tubes that carry air in and out of your lungs. If you have asthma, the airways in your lungs are always a little swollen, even when you do not have any symptoms. Your airways are always more sensitive than normal and may react strongly to triggers that irritate them, like dust, pollen, and colds. The reaction causes them to become more swollen and make more mucus. Also, the tiny muscles in the walls of the airways tighten, which cause the airway openings to become smaller. This makes it harder for air to move in and out. Asthma may be mild, moderate, or severe. Symptoms may occur throughout the year, at specific times of year, or only very rarely.

How can I take care of myself when I go home?

Asthma is a chronic condition, which means you may have it the rest of your life. Treatment can decrease your day-to-day asthma symptoms. Following your treatment plan can also help keep you from having bad asthma attacks. It is very important to treat asthma attacks right away and to learn to manage your asthma so you can live a healthy, active life.

- Know the signs and symptoms of your asthma attacks. Watch for symptoms and use your peak flow meter, if you have one.
- Know how to treat your asthma symptoms. Ask your healthcare provider to give you a written asthma action plan. Following the plan will help you manage your asthma every day. It will help you recognize and handle asthma problems.

Management

- Your provider will give you a list of medicines when you leave the hospital.
 - Know your medicines. Know what they look like, how much you should take each time, how often you should take them, and why you take each one.
 - Take your medicines exactly as your provider tells you to.
 - Carry a list of your medicines in your wallet or purse. Include any nonprescription medicines and supplements on the list.
- Your provider may prescribe medicine to:
 - Relax your airways and prevent asthma attacks
 - Stop asthma symptoms
 - Reduce swelling in the airways
 - Reduce acid in the stomach
- Ask your provider if it is OK for you to take aspirin. Some people with asthma are allergic to aspirin and it causes them to wheeze.

- Get a flu vaccination every October to help reduce the risk for worsening asthma symptoms due to a flu infection.
- Talk to your provider about the benefits of getting the pneumococcal vaccine if you have not been vaccinated.

Appointments

- Follow your provider's instructions for follow-up appointments. If you are pregnant, have regular asthma checkups during your pregnancy. You may need changes in your asthma medicines to keep your lungs working well enough so that the baby gets the oxygen that it needs.
- Keep appointments for all routine testing you may need.
- Talk with your provider about any questions or fears you have.

Diet, Exercise, and Other Lifestyle Changes

- Follow the treatment plan your healthcare provider prescribes. Ask about getting a written asthma action plan to manage your condition and treat any asthma attacks.
- Learn what things trigger your symptoms and how to stay away from them. Triggers may be perfumes, smoke, pollen, or other things. Preventing contact with triggers can help prevent asthma attacks.
- Don't smoke. Smoking can worsen asthma.
- Avoid secondhand smoke.
- Try to stay indoors on high pollution days.
- Avoid exposure to chemicals, such as the chemicals used in the manufacturing industry, farming, and hairdressing.
- Find ways to lower your stress level.
- If acid indigestion is making your asthma symptoms worse:
 - Lose weight if you need to and keep a healthy weight.
 - Sleep with the head of your bed raised at least 4 inches, if you have symptoms at night.
- Exercise as your provider recommends. Some people have coughing or wheezing only during or after physical activity. This is called exercise-induced asthma. Even though exercise may trigger an asthma attack, exercise is still important. Some ways to prevent an asthma attack during exercise include:
 - Start with a long slow warm-up to the activity.
 - It may be necessary to use a rescue inhaler before you start exercise.
 - Always have a rescue inhaler with you during exercise.

Call emergency medical services or 911 if you have new or worsening:

- Severe shortness of breath that does not improve after using your rescue inhaler
- Wheezing (a high-pitched whistling sound when you breathe in or out)
- Bluish or gray color of your lips or fingernails
- Chest tightness

Do not drive yourself if you have any of these asthma symptoms.

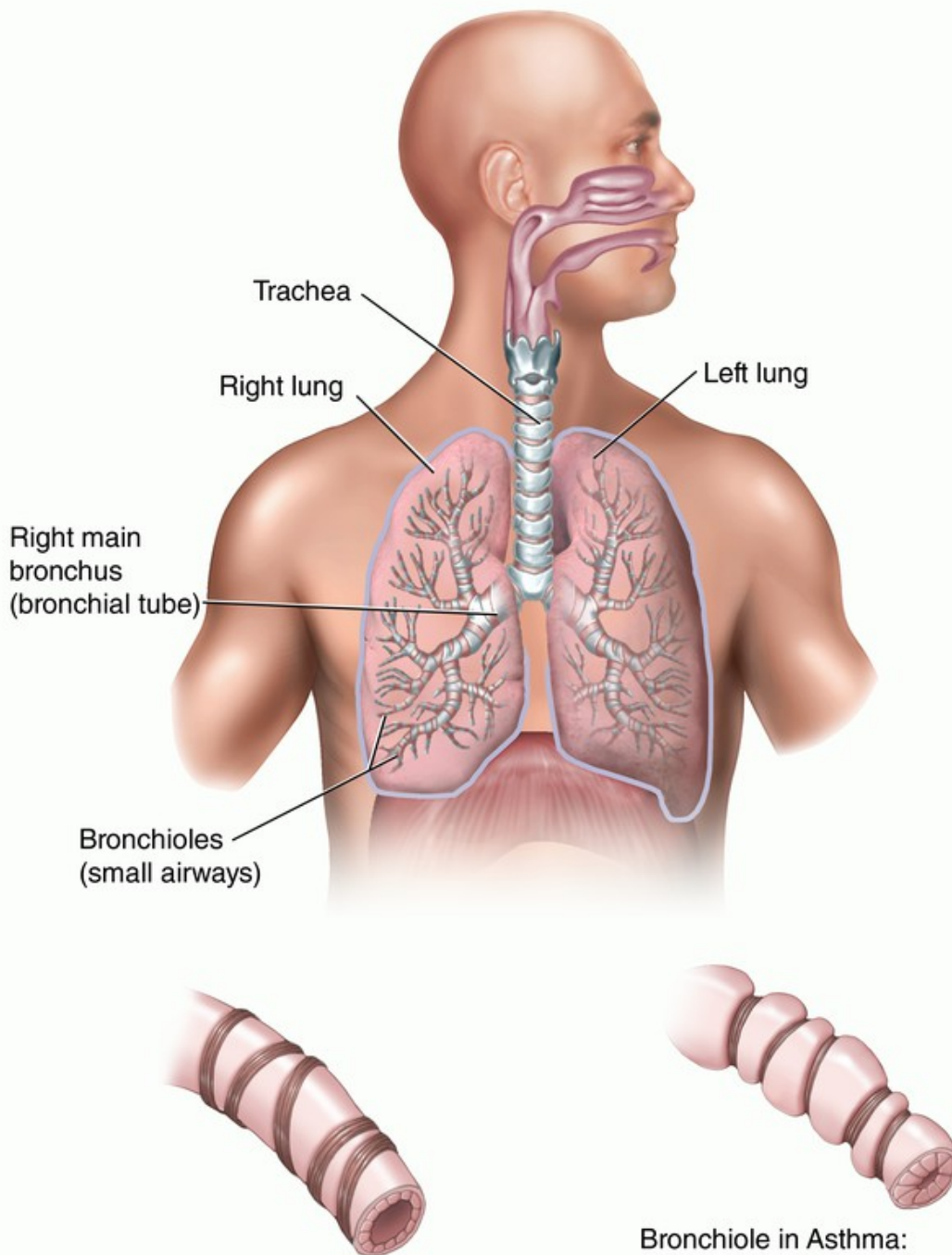
Call your healthcare provider if:

- Your medicines do not seem to be helping you breathe comfortably
- Your symptoms happen more often or are worse than normal
- You have more trouble with your symptoms at night and you are not sleeping
- You are not able to do your normal daily activities because of trouble breathing
- Your peak flow number changes from day to day
- You have to use your quick-relief inhaler more than 2 days a week
- You have needed emergency treatment for an asthma attack

Developed by RelayHealth.

This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.

Asthma



Normal Bronchiole:
Muscles around the bronchiole have normal amount of tone.

Bronchiole in Asthma:
Tightened muscles around the bronchiole and swelling of the bronchiole lining cause the airway to narrow during an asthma attack.

Copyright ©2014 McKesson Corporation and/or one of its subsidiaries. All rights reserved.

My Asthma Action Plan

Name: _____ Date: _____




Parent/Guardian: _____

Healthcare Provider: _____

Phone for healthcare provider: _____

Phone for taxi or friend: _____ Emergency #911 _____

Other instructions: _____

I feel GOOD (Green)	<ul style="list-style-type: none"> Breathing is easy. No cough or wheeze. Can work and play 	<input type="checkbox"/> Use asthma long-term control medicine.															
	Peak Flow Numbers: _____ to _____	<table border="1"> <thead> <tr> <th>Medicine:</th> <th>How taken:</th> <th>How much:</th> <th>When:</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____ times a day</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____ times a day</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____ times a day</td> </tr> </tbody> </table> 20 minutes before exercise or sports, take _____ puffs of _____	Medicine:	How taken:	How much:	When:	_____	_____	_____	_____ times a day	_____	_____	_____	_____ times a day	_____	_____	_____
Medicine:	How taken:	How much:	When:														
_____	_____	_____	_____ times a day														
_____	_____	_____	_____ times a day														
_____	_____	_____	_____ times a day														
I do NOT feel good (Yellow)	<ul style="list-style-type: none"> Cough Wheeze Hard to breathe Wake up at night. Can do some, but not all activities. 	TAKE _____ puffs of quick-relief medicine. If not back in the Green Zone within 20 to 30 minutes, take _____ more puffs.															
	Peak Flow Numbers: _____ to _____	<table border="1"> <thead> <tr> <th>Medicine:</th> <th>How taken:</th> <th>How much:</th> <th>When:</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____ times a day</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____ times a day</td> </tr> </tbody> </table> every _____ hours KEEP USING long-term control medicine:	Medicine:	How taken:	How much:	When:	_____	_____	_____	_____ times a day	_____	_____	_____	_____ times a day			
Medicine:	How taken:	How much:	When:														
_____	_____	_____	_____ times a day														
_____	_____	_____	_____ times a day														
I feel AWFUL (RED)	<ul style="list-style-type: none"> Medicine does not help. Breathing is hard and fast. Can't walk well. Can't talk. Feel very scared 	Get help now! Take these quick-relief medicines until you get emergency care.															
Peak Flow Number: Under _____	<table border="1"> <thead> <tr> <th>Medicine:</th> <th>How taken:</th> <th>How much:</th> <th>When:</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </tbody> </table> Call 911 if can't walk or talk because it is too hard to breathe OR if lethargic OR if skin is sucked in around neck and ribs during breaths OR if lips or fingernails are gray or blue.	Medicine:	How taken:	How much:	When:	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Medicine:	How taken:	How much:	When:														
_____	_____	_____	_____														
_____	_____	_____	_____														
_____	_____	_____	_____														

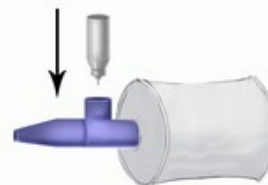
Metered-Dose Inhaler: How to Use with a Collapsible Bag Spacer



1. Attach the inhaler mouthpiece to the reservoir bag by matching the tabs in the reservoir bag. Push in, twist, and lock. Pull the reservoir bag all the way open so there are no wrinkles.



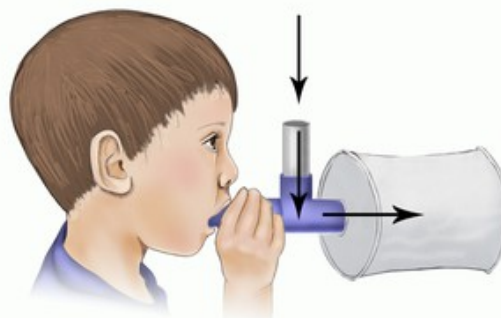
2. Shake the inhaler canister.



3. Attach the canister to the inhaler mouthpiece.



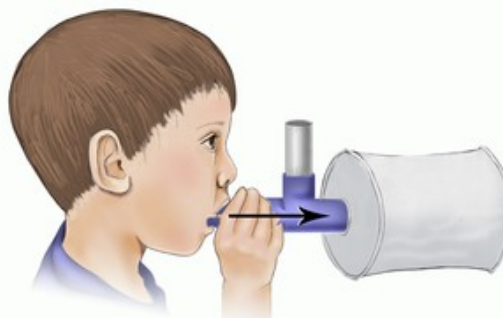
4. Put the mouthpiece between the teeth and seal the lips around it.



5. Depress the metered-dose inhaler. The medicine will be trapped in the reservoir bag.



6. Breathe in slowly over 3 to 5 seconds. (The reservoir will collapse as the child inhales.) Hold the breath for 5 to 10 seconds.



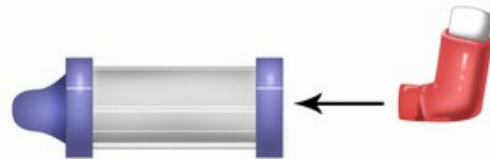
7. Breathe out slowly back into the reservoir bag.

Copyright ©2014 McKesson Corporation and/or one of its subsidiaries. All rights reserved.

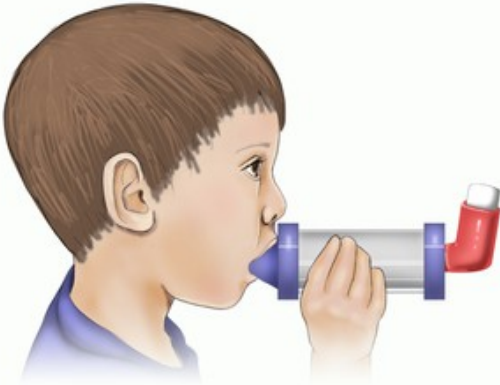
Metered-Dose Inhaler: How to Use with a Spacer



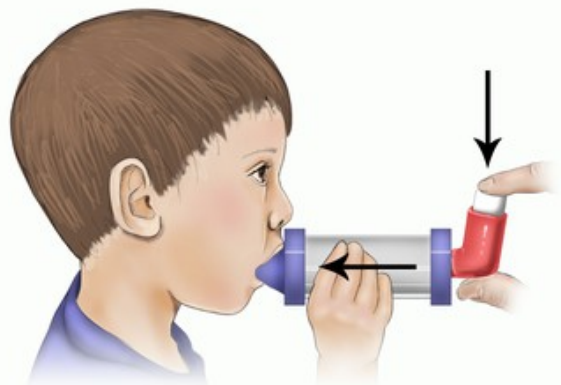
1. Shake the medicine.



2. Insert the mouthpiece of the inhaler into the rubber-sealed end of the spacer.



3. Breathe all of the air out of your lungs. Then put the spacer into your mouth between your teeth. Make a tight seal around the mouthpiece with your lips.



4. Press the metered-dose inhaler down once to release a spray of medicine. The medicine will be trapped in the spacer. Breathe in slowly and deeply.



5. Hold your breath for 5 to 10 seconds and then breathe out slowly. If you cannot hold your breath, another method is to breathe in and out slowly for 3 to 5 breaths.

Copyright ©2014 McKesson Corporation and/or one of its subsidiaries. All rights reserved.

Metered-Dose Inhaler: How to Use



1. Shake the medicine.



Or



2a. Hold the inhaler so that the mouthpiece is 1 and 1/2 to 2 inches (about 2 to 3 finger widths) in front of your open mouth. Breathe out normally. Press the inhaler down once so it releases a spray of medicine into your mouth while you breathe in slowly. Continue to breathe in as slowly and deeply as possible.

2b. If holding the inhaler in front of your mouth is too hard, breathe out all the way and then place the mouthpiece in your mouth and close your lips around it. Press the inhaler down once to release a spray of medicine into your mouth while you breathe in slowly.



3. Hold your breath for 10 seconds, or as long as is comfortable. Breathe out slowly.

Copyright ©2014 McKesson Corporation and/or one of its subsidiaries. All rights reserved.

How to Use a Nebulizer



1. Put medicine into the medicine cup.



2. Attach the mouthpiece or mask to the medicine cup.



3. Attach the medicine cup to the compressor tubing.



4. Place the mouthpiece in your mouth or place the face mask over your nose and mouth. Breathe through your mouth until all of the medicine is gone.

Ask your healthcare provider or pharmacist if you should wear gloves when you use a nebulizer to give medicine to someone else.

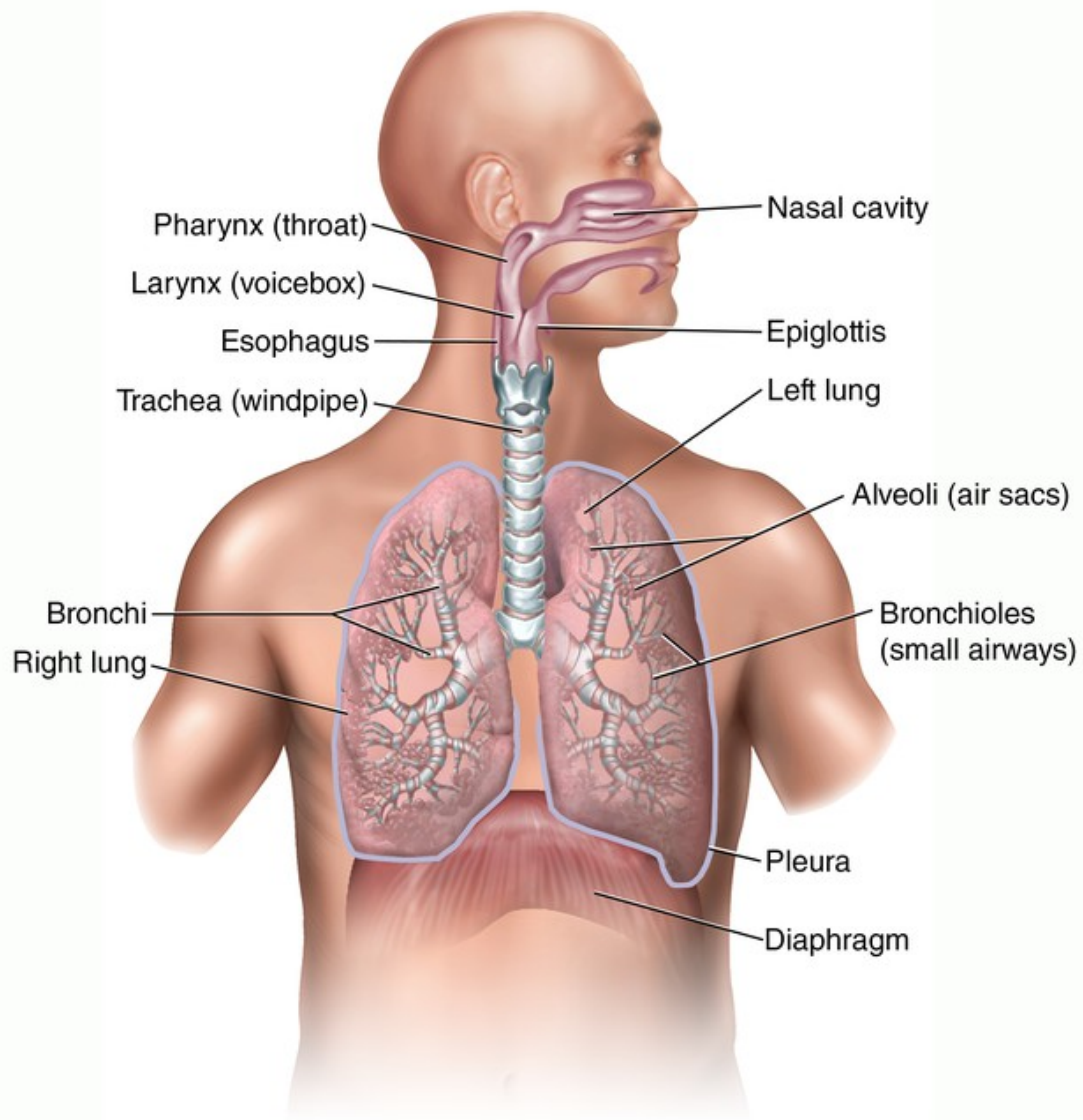
Copyright ©2014 McKesson Corporation and/or one of its subsidiaries. All rights reserved.

Peak Flow Record

[illegible]

Copyright ©2014 McKesson Corporation and/or one of its subsidiaries. All rights reserved.

Respiratory System



Copyright ©2014 McKesson Corporation and/or one of its subsidiaries. All rights reserved.