

Asthma Case Study

1. Important of doing own work.

2.

S:

Inability to stop coughing. Reports waking up 3-4 nights per week to use inhaler. Reports wheezes 3-4 times per week in gym class or when petting the neighbors cat.

O: Shortness of breath as evidenced by respiratory rate of 24 and use of accessory muscles, diffuse wheezes bilaterally on expiration and sometimes inspiration, decreased breath sounds bilaterally with tight air movement, tachycardia, cough.

A: Asthma

P: Educate Haley and her parents on asthma, potential exacerbations, the use of medications to treat asthma, recognizing asthma emergencies, and when to get help. Potential exacerbations or triggering factors include exposure to pets and second-hand smoke which should be mitigated when possible. This means that speaking with Haley's father regarding smoking cessation or not smoking in the home or around Haley may be needed. It would also be beneficial to educate the family on the appropriate and proper use of a spacer using a teach-back method. Lastly, a plan of action for Haley's exacerbations should be developed and implemented for Haley and her family. This should include medication, dosage, frequency, method of administration (use of a spacer), along with avoidance and/or removal of triggering factors.

(Rosenthal & Burchum, 2017, Table 62.9). (2021)

(Global Initiative For Asthma, 2021)

3.

Based on table 62.9, Haley's asthma would be classified as moderate persistent (Rosenthal & Burchum, 2017, Table 62.9). This is evidenced by reports of symptoms occurring daily, nighttime awakenings 3-4 nights per week, daily use of her inhaler, and coughing when playing outside or exercising in gym class.