

**Diagnostic Testing:**

Ordered a chest x-ray PA and lateral and a bedside PEFR or FEV

**Medications/Treatments:**

The latest Global Initiative for Asthma (GINA) guidelines recommend that if a patient has severely uncontrolled asthma at initial presentation or if they present during an acute asthma exacerbation, treatment should be started at Step 4 with a medium dose inhaled corticosteroid(ICS) and formoterol combination as a maintenance treatment and a low dose ICS-formoterol combination for as needed relief therapy (GINA, 2022). I would order Symbicort 160 mcg/4.5mcg 2 puffs BID and Symbicort 80 mcg/4.5 mcg 1 puff every 4-6 hours PRN for wheezing or shortness of breath.

**Consult/Referrals:**

No referrals at this time. If the patient's symptoms are not well controlled with the current medications, then referrals to a pulmonologist and/or an allergist would be considered (GINA,2022).

**Client Education:**

The patient and mother should be educated about the symptoms associated with a worsening asthma exacerbation, the proper use of the inhaler, assistance with creating a written asthma action plan, the importance of avoiding environmental triggers such as secondhand smoke and insects, and the need to rinse the mouth well after every inhaler use to prevent developing thrush (GINA, 2022).

**Follow-up:**

The patient should follow up with the provider within the next 24 to 48 hours to monitor for improvement of her symptom. The patient will also be evaluated in 2 to 3 months to see if her asthma symptoms are well controlled and evaluate for appropriate step-down on medications per GINA guidelines. The patient and mother should be instructed to go to the emergency room immediately for any severe shortness of breath that is not relieved by medications or any new or concerning acute symptoms.

**References**

Global Initiative for Asthma. (2022). Pocket guide for asthma management and prevention (for adults and children older than 5 years).-

<content/uploads/2022/07/GINA-2022-Pocket-Guide-WMS.pdf>