

ACTIVE LEARNING TEMPLATE: *System Disorder*

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DISORDER/DISEASE PROCESS Asthma Exacerbations

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
Asthma Exacerbation

Pathophysiology Related to Client Problem
Disease of the airway characterized by airway inflammation and hyperactivity.

Health Promotion and Disease Prevention
Know triggers and adhere to medication administration.

ASSESSMENT

Risk Factors
Triggers for asthma are allergies, viral infections, autonomic nervous system imbalances.

Expected Findings
Symptoms: wheezing, coughing, SOB, chest tightness. Acute attack: SOB severe that pt can hardly speak. Use of accessory muscles. Pallor or cyanosis. Confused, restless or lethargic.

Laboratory Tests
ABG's, serum IgE, skin testing

Diagnostic Procedures
Chest x-ray, pulse ox, peak expiratory flow rates, FVC, FEV1, FEF, RV, FRC

SAFETY CONSIDERATIONS

Maintenance of airway, breathing and circulation is primary. Pt on bedrest to minimize O2 consumption and to decrease the work of breathing. Aspirin and nonsteroidal anti-inflammatory agents can cause sudden, severe airway obstruction.

PATIENT-CENTERED CARE

Nursing Care
Airway management, anxiety reduction, oxygen therapy, airway suctioning, airway insertion and stabilization, cough enhancement, positioning, respiratory monitoring and mechanical ventilation.

Medications
Bronchodilators - albuterol sulfate
Systemic corticosteroids - methylprednisolone

Client Education
Discuss triggers and how to avoid them. Outline signs and symptoms that require immediate attention. Notify physician if develop respiratory infection (could trigger attack). Correct use of medications.

Therapeutic Procedures
Rinse mouth after using steroid inhalers to avoid getting thrush.

Leukotriene antagonists - montelukast

Interprofessional Care
Adherence to prescribed medications is essential in managing asthma and minimizing exacerbations and complications.

Complications
The patient may become anxious and when anxiety increases, the attack may worsen.
Cold air and exercise may increase symptoms.
Respiratory failure.