



# Basic Assessment of the Adult Patient with Asthma

## Simulated Clinical Experience (SCE™) Overview

**Location:** Family Practice Healthcare Provider Office

**History/Information:**

The patient is a 26-year-old female who comes to the office with complaints of shortness of breath that has been getting worse over the past two days. It is the end of October, rainy, and damp. She was told once in college that she had asthmatic bronchitis. She used an inhaler from that illness but it didn't help. She lives alone with her cat and does not smoke.

**Healthcare Provider's Orders:**

None needed

## Learning Objectives

1. Accurately assesses lung sounds (APPLICATION).
2. Conducts a complete respiratory system assessment (APPLICATION).
3. Discusses physiology and pathophysiology related to respiratory assessment (COMPREHENSION).
4. Increases comfort in asking subjective questions (AFFECTIVE).
5. Identifies risk factors that could be modified with health promotion (COMPREHENSION).

## Questions to Prepare for the Simulated Clinical Experience

1. Describe the pathophysiology of asthma.
2. What are risk factors for asthma?
3. Identify at least five common triggers for asthma.
4. What assessments should be performed for a patient with asthma?
5. Describe the differences between wheezes, crackles, and rhonchi.
6. What is the pathophysiology behind each sound?
7. How could the nurse determine if a patient's oxygen saturation is adequate if there is no pulse oximeter available?
8. What assessment information would indicate that the patient's condition is worsening?
9. How does stress affect asthma symptoms in some patients?

## References

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