

**Sarah Jones**

Doctor:

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Birth 21-Jul-1916

Review Date: 31-Dec-9999

Full Med Review

Alcohol  
CaffeineTobacc  
Allergie

Activit

Problem  
Asthma

Medications

Assessment/Care

Document symptoms: wheeze, cough, difficulty breathing, chest tightness, PFM reading  
 Triggers?: allergens, cold air, early morning/night, NSAIDS, beta-blockers, smoking

Non-drug therapies:

PFM readings

Assess inhaler technique

Assess proper usage of prescribed medication

Avoid triggers (smoking, allergens, exercise-induced, viral infections)

Annual influenza vaccination and one-time pneumococcal (unless first dose given at age &lt;65)

Drug therapies:

Table 3 and 4, and appendix A on BC Guidelines

Asthma control criteria:

Characteristic frequency/value

Daytime Symptoms &lt; 4 days/week

Night time symptoms &lt; 1 night/week

Physical Activity normal

Exacerbations mild, infrequent

Absence from school/work none

Need for fast-acting bronchodilator &lt; 4 doses/week

FEV1 &gt; 90% of personal best

Monitoring/Goals:

1. Identify and reduce exposure to triggers (smoking, allergens, exercise-induced, viral infections) within two weeks and ongoing .

2. Reduce severity of symptoms (cough, wheezing, shortness of breath, chest tightness, sputum production and reduced exercise tolerance)

3. Maintain an improved level of physical functioning (fewer limitations caused by shortness of breath) over the next 6 months.

4. Prevent hospitalizations due to acute asthma attacks now, and ongoing.

Problem

Medications

Assessment/Care

Constipation