



**Mapa conceptual**

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**INGLES**

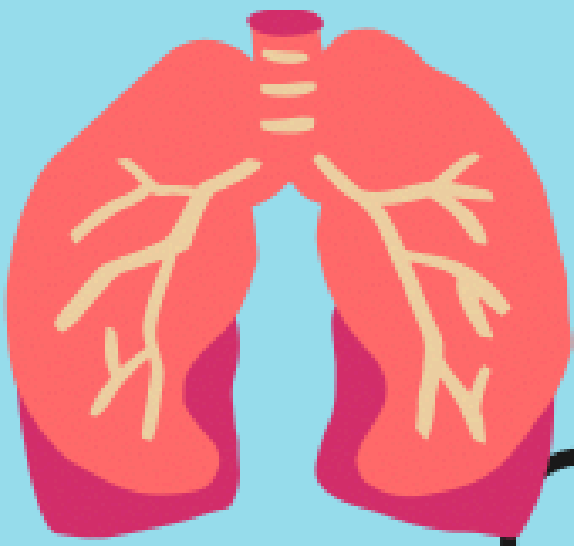
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# ASTHMA- A GLOBAL PROBLEM



## ¿WHAT IS?

Asthma is a disease that affects the lungs, it is one of the most common long-term illnesses in children, although adults can also suffer from it

## WHAT CAUSES AN ASTHMA ATTACK

An asthma attack can occur when you are exposed to "asthma triggers." The things that trigger an asthma attack in you may be very different from the things that trigger an attack in someone else with asthma

## CAUSES

Asthma is caused by swelling (inflammation) of the airways. When an asthma attack occurs, the lining of the airways becomes inflamed and the muscles around them become tight

## COMMON TRIGGERS

- Physical activity
- Mold
- Pollen
- Respiratory infections, such as the common cold
- Strong emotions (stress)
- Tobacco smoke

## SIGNS

Upper respiratory tract: stridor; respiratory or cardiac failure  
Lower respiratory tract: cough, wheezing, retractions or indrawing, decreased breath sounds, cyanosis

## SYMPTOMS

symptoms such as chest tightness, wheezing, and colds that last more than 10 days. He or she will also ask you if any member of your family has or has had asthma, allergies, or other respiratory problems

## TREATMENT

Asthma is usually treated with rescue inhalers to target symptoms and with controller (steroid) inhalers that prevent symptoms. More severe cases may require long-acting inhalers that keep the airways open, in addition to oral steroids

## EMERGENCY MANAGEMENT

Comfortable position O<sub>2</sub> and cardiorespiratory monitor  
Administer salbutamol and ipratropium bromide MDI/nebulized

- Canalize peripheral line and administer 2 mg/kg of methylprednisolone
- Magnesium sulfate IV