

Asthma - Adults

Pathophysio.

↳ chronic inflammation of airway characterized by bronchoconstriction

S/Sx

- wheeze
- SOB
- cough w/out sputum
- worse at night & morning
- varies over time

Treatment

Step 1:

When → symptoms < 2X/month, new diagnosis, or risk factors

- ★ → ICS/LABA (symbicort) PRN
- ICS daily + SABA PRN
- ICS PRN + SABA PRN
- SABA PRN (only if very mild)

Step 2:

When → not controlled to above or, symptoms > 2X/month but less than daily

- ICS daily + SABA PRN
- ICS/LABA PRN (symbicort)

Step 3:

When → waking at night, symptoms daily

- ICS/LABA daily + PRN drug
- symbicort daily & PRN
- other ICS/LABA + PRN salbutamol

Step 4:

When → not controlled to low ICS
→ ↑ to medium dose ICS/LABA + PRN salbutamol

OR

PRN symbicort
(if already on maintenance)

Diagnosis

Tests

Spirometry

- $\frac{FEV_1}{FVC} < 0.75 - 0.8$
- FEV_1 after dilator use. 12 + %

Physical Assessment

Palpation

- Chronic → normal (↓) expansion & normal fremitus
- Acute → normal (↓) expansion & ↓ fremitus

Percussion

- Chronic → resonant
- Acute → resonant-hyperresonant

Auscultation

- Chronic → vesicular breath sounds
- Acute → wheeze

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