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To Understand Asthmatic Medication Precautions

Asthmatic treatment and prevention while asthma attack have three main principles: To avoid allergens, to avoid aggravated factors, and appropriate drug treatment. We will explain asthmatic medication precautions as following.



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All information above has been reviewed by pediatric specialists

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I. Medication of Asthmatic Control :

Children with asthma, even if there are no obvious symptoms, are necessary to use medications everyday for control.



1. Leukotriene (Singular)

Singular is used for the child who has mild symptoms. The dosage is once daily by oral intake. It is the first-line medicine and equal to low-dose inhaled steroid



2. Inhaled Steroids

Inhaled steroid can reduce bronchial inflammation and sensitivity to aggravated factors causing asthma attack. It is the first choice for persistent asthma. It can reduce severity and frequency of symptoms to improve life quality. The colors of bottles of inhaled steroid drugs are brown, red or purple. (Ex. Table 1)



3. Inhaled Short - Acting Bronchodilators

Inhaled short-acting bronchodilators (especially b2-type sympathetic doping) can relax bronchus and rapidly relief symptoms. These bronchodilators are sometimes also called "quick medicine". The children who have had symptoms must to learn how to use and carry it everywhere. Inhaled short-acting bronchodilator's bottles are in color of blue (as shown in Table 1).

Table 1: Inhaled bronchodilator drug

Brand Name	Flixotide evohaler	Seretide 50 evohaler	Seretide 250 evohaler	Ventolin Evohaler
Chinese Name	輔舒酮 優氣吸入劑	使肺泰 50 優氣吸入劑	使肺泰 250 優氣吸入劑	泛得林 定量噴霧劑
Appearance				
Need to rinse the mouth	Yes	Yes	Yes	No
Use classification	Regular used	Regular used	Regular used	Acute asthma attack

II. Medication Precautions :

1. Inhaled steroids need to take a metering aerochamber (Figure 1). Aerochamber shave different sizes. The way to connect the aerochamber and inhaler show in Figure 2.



Figure 1: Aerochamber

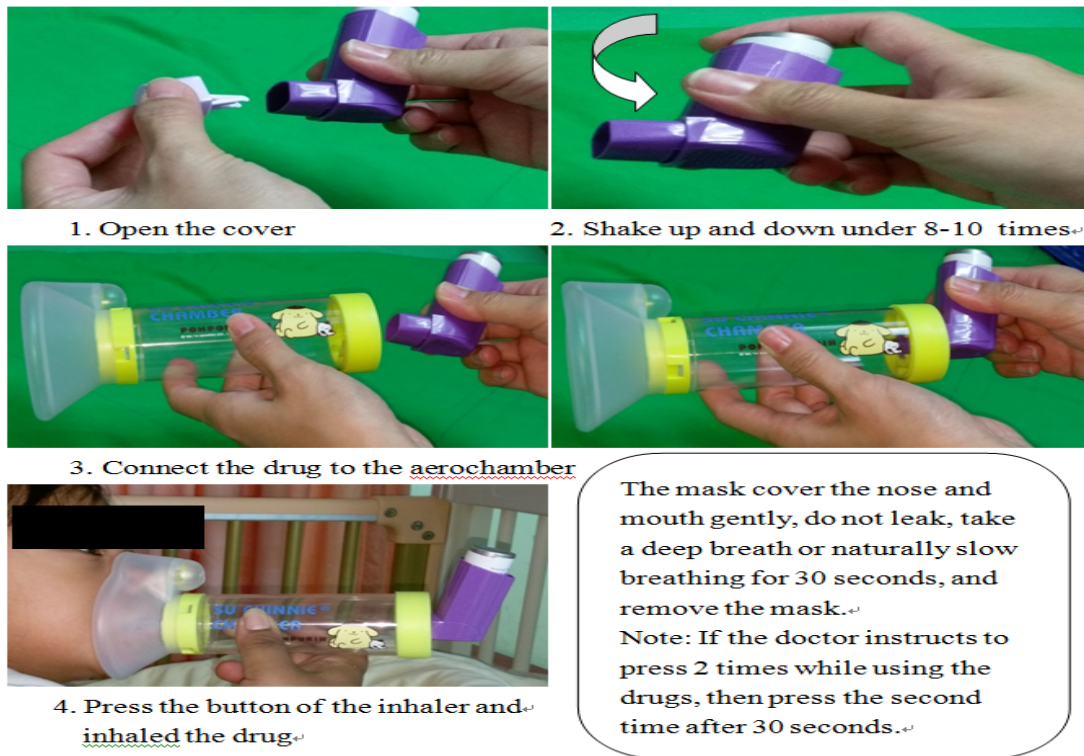
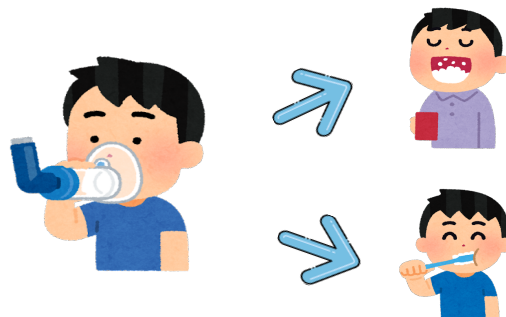


Figure 2: aerochamber connection method

2. The most common side effect of inhaled steroids is oral candidiasis (thrush). The use of an aerochamber, which promotes the drug into the lungs rather than the mouth, can prevent complications of inhaled steroids. Mouthwash and brush teeth must be done after inhaled drugs.



III. Conclusion :

Correct use the medication can treat asthma symptoms, prevent attacks, and maintain lung function. Even if there are no obvious symptoms of asthma, correct use of medication every day can control asthma effectively.

IV.Reference :

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Craig, S. S., Dalziel, S. R., Powell, C. V., Graudins, A., Babl, F. E., & Lunny, C. (2020). Interventions for escalation of therapy for acute exacerbations of asthma in children: an overview of Cochrane Reviews. *Cochrane Database of Systematic Reviews*, (8).
<Http://doi.org/10.1002/14651858.CD012977.pub2>.

Let's take a test to confirm that you have a thorough understanding.

1. Children with mild persistent asthma may use Singular for treatment, which belongs to the first-line medications for asthma control. It is administered orally once daily.

YES NO Not sure

2. Inhaled corticosteroids reduce bronchial inflammation and sensitivity, thereby alleviating asthma symptoms. They are the preferred treatment for patients with persistent asthma.

YES NO Not sure

3. Children who have had symptoms of asthma do not need to carry a short-acting inhaled bronchodilator with them.

YES NO Not sure

4. Children should rinse their mouth and brush their teeth immediately after inhaling inhaled corticosteroids.

YES NO Not sure

5. Inhaled corticosteroids should be administered using a dose-measuring device, and young children can choose an appropriately sized mask for use.

YES NO Not sure