

4 ways to deal with asthma attacks - bronchial asthma

Asthma (Asthma) occurs due to inflammation and congestion in the bronchial tubes - a place where the lungs breathe in and out. Here are four ways to handle asthma attacks and asthma.

Asthma (*Asthma*) occurs due to inflammation and congestion in the bronchial tubes - a place where the lungs breathe in and out. In 2009, the American Institute of Asthma, Allergy and Immunology announced that one in 12 people in the United States was diagnosed with asthma, while in 2001, 14 people had one. When asthma occurs, the muscles around the bronchus tighten and swell, narrowing the airway, making it difficult for the patient to breathe. Asthma triggers include exposure to allergens (such as grass, plants, pollen, etc.), airborne stimulants (such as smoke or strong scents), diseases (such as the flu).), stress, extreme weather conditions (such as overheating), or physical exertion and exercise. So, this article will help you learn to know when you or someone else has an asthma attack and know what to do to save your life in a timely manner.

Method 1: Assess the situation

1. Identify the early symptoms of an asthma attack



People with chronic asthma sometimes wheeze and need asthma medicine to control symptoms. Another acute asthma attack is that it causes more severe symptoms, lasts longer and requires immediate emergency. Early symptoms show that an upcoming asthma attack includes:

1. Ancient pruritus
2. Feeling irritable or irritable
3. Feeling anxious or frustrated
4. Tired
5. There are dark circles under the eyes

2. Identify signs of asthma triggers



A asthma attack can turn bad into a life-threatening situation, requiring immediate medical attention. Therefore, you should know how to determine an asthma attack to start treatment as soon as possible. Although the signs and symptoms of asthma in each person are different, the most common symptoms:

1. Wheezing and hissing while breathing. Normally, patients breathe out wheezing but sometimes hear wheezing when they breathe in.
2. Cough. Some people with coughs try to clear their airways and inhale lots of oxygen into their lungs. In particular, this phenomenon can be severe at night.
3. Short breath. Patients with asthma attacks are often short of breath. Their breath is short, shallow and faster than usual.
4. Angina. Asthma attacks are often accompanied by a feeling of chest tightness or pain in the left or right side.
5. Low index of *peak expiratory flow (PEF)* . If the patient uses a peak flow meter (*a small device that measures the maximum rate of exhalation*) to monitor exhalation and measures ranging from 50% to 79%, it is a sign of an asthma attack. .

3. Symptoms of asthma in children



When children with asthma often have adult-like symptoms such as wheezing or whistling when breathing, shortness of breath, chest tightness or pain.

1. **Rapid breathing** is a common sign of asthma in children.
2. Children may show "*shrinkage*", which may indicate a child's neck lengthening, abdominal breathing or seeing the ribs when breathing.
3. In some children, severe coughing is the only symptom of an asthma attack.
4. In other cases, asthma symptoms in children are only cough, worse when infected with a virus or sleeping.

4. Evaluate the specific situation



Evaluate the current situation that is happening and determine if an emergency is needed and what to do to handle it on the spot. When patients with mild symptoms can take fast-acting drugs. If there is a more serious manifestation, it must be checked by a health professional. If you have a severe asthma attack, you must call or ask someone to call emergency services before you handle your asthma. Note how to distinguish the case in progress:

People with asthma need to use their medication without calling for an emergency:

1. Wheezing slightly, there didn't seem to be pain
2. Cough to clear the airway and get more air
3. Breathe fast but still speak and walk
4. Does not seem suspense or pain
5. Can tell you where they are having asthma and where their medicine is

Endangered people and need emergency care:

1. The face is pale, even lips or fingers are purple
2. The above symptoms appear but are more severe and severe
3. Stretch the chest muscles to breathe
4. Shortness of breath, shortness of breath
5. Heard wheezing when breathing in and out
6. Frighten
7. May be confused or less reactive than usual
8. Difficult to move or speak due to short breaths
9. Persistent symptoms appear

Method 2: Treat asthma yourself

1. Have an on-site response plan



When you are diagnosed with asthma, you need to work with a doctor or to plan a response to an asthma attack. This regimen is a process of steps to take when you have an acute asthma attack. The written plan must include the emergency phone number, as well as the phone number of family and friends who can go to the hospital if needed.

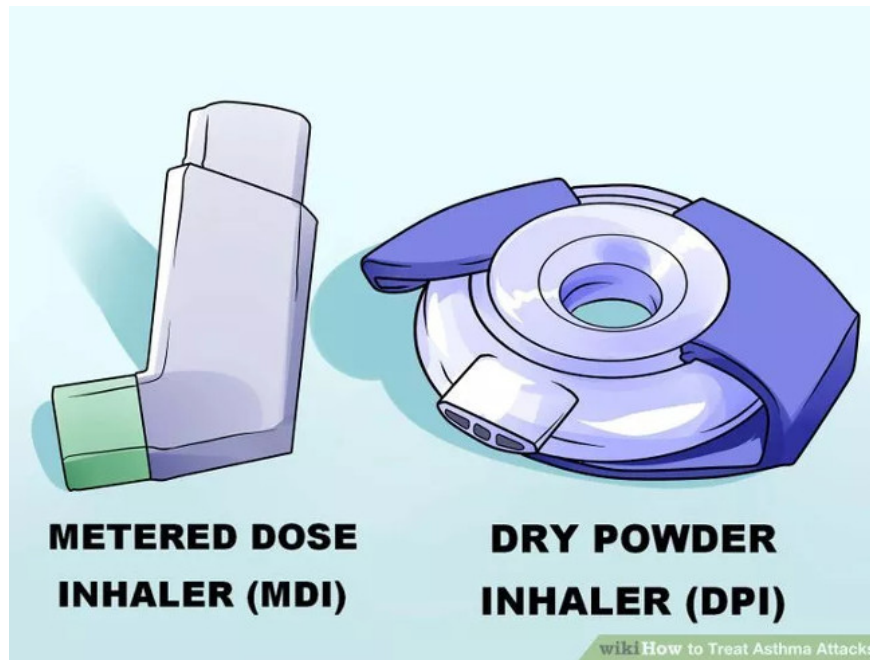
1. When diagnosed with asthma, you should consult your doctor to determine the specific symptoms of an asthma attack and what to do when an asthma attack breaks out (*for example, medicine, emergency room , .*)
2. Be sure to know how to use an emergency inhaler.
3. Write this out and always take it with you.

2. Avoid stimuli



In general, you should keep in mind the prevention of symptoms as the best way to control and treat asthma. If you know of a situation that causes an asthma attack (such as being near an animal's fur, the weather is too hot or too cold), try to avoid it.

3. Buy a inhaler prescribed by a doctor



There are two emergency medicines that your doctor can prescribe as **a metered dose inhaler (MDI)** or **a dry powder inhaler (DPI)**.

1. MDI is the most common inhaler. This spray device provides asthma medicine through a small spray bottle equipped with propellants to push the medicine into the lungs. MDI dosing spray can be used alone or in combination with inhalation chambers or buffer chambers ("*spacer*") to prevent the mouth and spray, help you to breathe normally to receive medication and help the medicine enter the lungs more effective.
2. DPI inhalers work to provide asthma medicines in the form of dry powder without pushers. Ingredients of DPI inhalers include Flovent, Serevent, or Advair. DPI inhalers require you to breathe rapidly and deeply, thus making it difficult for the patient to use during an asthma attack so this inhaler is less common than a standard MDI spray.
3. Whatever prescription inhaler you use, remember to take it with you.

4. Use MDI dosing spray



Note that when you have an asthma attack, you should only use the MDI inhaler with emergency medicine and bronchodilator (like *albuterol*). Do not use corticosteroids or bronchodilators to stimulate *long-acting beta-2* (*long-acting beta-2 agonist bronchodilators*). Shake the spray bottle for 5 seconds to mix the medicine in the bottle.

1. Before using an aerosol, push the air out of your lungs.
2. Lift up your chin and close the inhaler or inhale.
3. If you use an inhaler, you can breathe normally and slowly to receive the medicine. If you use an inhaler, you need to start breathing in and press the inhaler at the same time.
4. Keep breathing until you can't breathe again.
5. Hold your breath for 10 seconds and repeat. It is often necessary to repeat more often, stopping at least 1 minute between inhalations. Always follow the asthma treatment regimen.

5. Use DPI dry powder sprayer



Each manufacturer's DPI inhaler is different, so you should read the user guide carefully before using.

1. Exhale the air.
2. Close the DPI dry powder spray tube and inhale vigorously until it is full of lungs.
3. Hold your breath for 10 seconds.
4. Remove DPI tube from mouth and exhale slowly.
5. If the dose is prescribed more than once, repeat the action after a minute.

6. Recognize an emergency asthma attack



If your asthma symptoms become more serious even after taking the medicine, you need to be emergency. Call emergency services immediately if possible. However, if breathing is too hard and can't be said clearly, ask someone else to call, maybe a family member, friend or passerby.

1. Good treatment protocols include local emergency numbers. In addition, the doctor helps you determine when symptoms become severe and when you are in an emergency situation so you know when you need help. Call your local emergency number if your asthma does not improve much after using the inhaler for a few minutes.

7. Take a break while waiting for emergency personnel to arrive



Sit down and rest while emergency personnel are on their way to assist. Some asthma patients find that sitting in a " *three-legged* " posture - leaning forward, with their hands propped on their knees - can help because this position helps to reduce the pressure on the diaphragm.

1. Try to keep calm. Anxiety can make symptoms more severe.
2. Ask nearby people to sit next to you to help you calm down while waiting for an emergency.

Method 3: Help other asthma patients

1. Help the patient find a comfortable posture



Most people with asthma often feel more comfortable sitting than standing or lying down. Keep the patient upright to help the lungs expand and breathe more easily. Allow the sick person to lean forward, lean on you or the chair. Some asthma patients can sit in " *three-legged* " posture, facing forward, hands on knees to relieve pressure on the diaphragm.

1. Asthma attacks get worse if you are nervous, but anxiety does not cause an asthma attack. This means that in an asthma attack, the patient will have a more serious reaction than calm. Suspense, anxiety causes the body to secrete cortisol hormone, constricting the bronchus (*air duct that passes through the nose and / or mouth to the air sacs in the lungs*).
2. It is important that you calm down and reassure patients, help them calm down.

2. Calmly ask, "Do you have asthma?"



Whether the patient cannot speak because of the wheezing and coughing sounds, they may nod or point towards their inhaler or instruction card.

1. Ask if that person has an emergency asthma plan? Many asthma patients often take with them an emergency plan. If yes, get a guide and help them follow the protocol.

3. Remove all stimuli from the scene



Asthma attacks often become more serious due to certain stimuli or allergens. Ask the sick person nearby if there is something that triggers an asthma attack, if they can respond, try to separate the sick person from the stimulant agent or take the patient out of the environment, such as pollen or weather-related factors.

1. Animal
2. Smoke
3. Pollen
4. High humidity or cold weather

4. Ask for the location of their inhaler



Doing so will help the patient calm down and reassure them that you are supporting them, not harming them.

1. Women often put inhalers in bags, men often put in clothes bags.
2. Some asthma patients, especially children or the elderly always have a clear plastic tube called a buffer chamber attached to the inhaler. The buffer helps to put the medicine in the patient's mouth without much effort, so it is easier to breathe.
3. Children and elderly people who have asthma attacks can also take their medication pump with them to breathe more easily. This device is easy to use because the patient can breathe normally and is therefore ideal for children and the elderly, however it is more bulky than MDI inhalers and requires electricity to function.
4. If the patient does not have an inhaler, call emergency services right away, especially for children or the elderly. Patients with asthma attacks without a high-risk inhaler will suffocate.

5. Prepare the patient to receive the medicine from the inhaler



If the patient is bowing, temporarily build them up.

1. If a buffer chamber is used with MDI dosing spray, attach this device to the inhaler after shaking.
2. Help the patient tilt his head back if needed.
3. Ask the patient to breathe out the air before using the inhaler.
4. Allow patients to self-medicate. Inhalers must be taken in the right dosage, so you should let the patient control this process. Help them keep the inhaler or close-up chamber in their mouth if necessary.
5. Most asthma patients will pause a minute or two between each spray.

6. Call emergency services



Follow the patient until emergency personnel arrive.

1. Even if the patient seems to be getting better after using the inhaler, it is best to see the emergency team or health care provider. If the sick person does not want to go to the hospital, they can decide after being informed about their health.
2. Continue to help patients use inhalers if needed; Although the asthma attack is not relieved, the medication also helps prevent the asthma from getting worse by relaxing the airway.

Method 4: Handle asthma when there is no inhaler

1. Call emergency services



If you or the sick person has no inhaler, call your local emergency immediately. In addition, you can take other steps while waiting for an emergency. However, when calling, you should ask the emergency personnel for specific advice.

2. Take a hot bath



If you're at home, a hot shower or bath can turn the bathroom into a steam recovery place.

3. Perform breathing exercises



Many people feel anxious and panic when they have asthma attacks, which can increase breathing. However, panic often aggravates asthma by limiting the amount of oxygen in the lungs. So you need to try to breathe slowly and control yourself. Inhale through the nose during the count of 1 to 4 and exhale while counting to 6.

1. Trying to keep your lips open when breathing out can help you breathe out slowly and keep your airways open for longer periods.

4. Find drinks with caffeine



The formulation of caffeine is similar to other common asthma medicines. A small amount of coffee or soda can help relax the airways and reduce breathing problems.

1. This drug is called **theophylline**, which can help prevent and treat wheezing, shortness of breath and angina. It is possible in coffee or tea not enough of theophylline to fight asthma but they can still be an alternative.

5. Take advantage of common medicines at home



Some common medicines can help relieve the symptoms of an asthma attack in an emergency, but cannot replace a medical emergency.

1. Taking **antihistamines** (anti-allergy medications) works quickly if you or the patient think that allergies are the cause of the reaction. This can happen if you or the sick person is outdoors in a place with lots of pollen. Some antihistamines include: Allegra, Benadryl, Dimetane, Claritin, Alavert, Tavist, Chlor-Trimeton, and Zyrtec. Echinacea, ginger, camomile and saffron are the natural antihistamines. If you can find tea that contains these ingredients, this may be a way to reduce effective asthma symptoms. However, their antihistamine effect is generally limited. Be careful when using natural herbs or herbal supplements because some people may be allergic to the ingredients in them.
2. Take over-the-counter medication **pseudoephedrine** like Sudafed. Sudafed is a decongestant but also helpful when the patient has asthma attacks without a inhaler because it helps with bronchiectasis. It is best to pound the medicine, mix it in warm water or tea before drinking to reduce the risk of choking. Moreover, it should be noted that this medicine is effective but it takes 15 - 30 minutes to work. Besides, you should also remember pseudoephedrine can increase heart rate and blood pressure.

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