

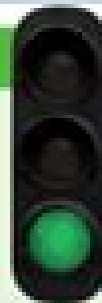
Asthma Self-Management Plan

Name: _____

Date: _____

Every day—your personal peak flow goal: _____

Green Zone: All Clear



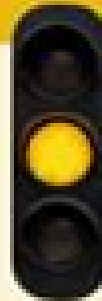
What this could mean:

If you have:

- ✓ No shortness of breath
- ✓ Ability to do usual activities
- ✓ If a peak flow meter is used: Peak flow: more than _____ (80% or more of my best peak flow)
- ✓ My best peak flow: _____

- ✓ Your symptoms are under control
- ✓ Continue taking your controller medication as ordered
- ✓ Continue to monitor peak flow
- ✓ Keep all physician appointments

Yellow Zone: Caution



What this could mean:

If you have any of the following:

- ✓ Cough, wheeze, chest tightness, or shortness of breath
- ✓ Waking at night due to asthma
- ✓ Can do some, but not all, usual activities
- ✓ Peak flow: _____ to _____ (50–80% of my best peak flow)
- ✓ Anything else unusual that bothers you

If you notice a Yellow Caution, work closely with your healthcare team.

- ✓ Your asthma is getting worse
- ✓ You may need a medication adjustment
- ✓ Eliminate triggers
- ✓ Stop strenuous exercise
- ✓ Add reliever medication: _____

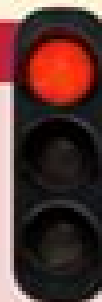
Call your doctor, nurse, or home health nurse.

Name: _____

Telephone: _____

Instructions: _____

Red Zone—Stop and Think!



What this could mean:

If you have any of the following:

- ✓ Very short of breath, trouble walking and talking due to shortness of breath, or skin color is pale or gray
- ✓ Quick-relief medications have not helped
- ✓ Cannot do usual activities or symptoms are same or get worse after 24 hours in the Yellow Caution area
- ✓ Peak flow: less than _____ (50% of my best peak flow)
- ✓ Fingernails or lips are blue

- ✓ **If you experience any Red Zone symptoms, call 9-1-1 and notify your physician right away**

Physician Name: _____

Telephone: _____

Self Management Of Asthma

**V. Courtney Broaddus, Joel D.
Ernst, Talmadge E. King Jr, Stephen C.
Lazarus, Kathleen F. Sarmiento, Lynn
M. Schnapp, Renee D.
Stapleton, Michael B. Gotway**

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Asthma, Health and Society Andrew Harver, Harry Kotses, 2010-03-10 Asthma Health and Society A Public Health Perspective Edited by Andrew Harver University of North Carolina at Charlotte Charlotte Harry Kotses Ohio University Athens Asthma Health and Society is a comprehensive current resource on this complex disease its scope human costs and management from a combined social ecology public health perspective This important and unique book proposes a concerted multifaceted response and sets out the foundation for shaping this response comprising individual and large scale assessment education advocacy and multiple forms of intervention In clear authoritative detail enhanced by figures graphs and references contributors explain where universal standards need to be set alliances need to be built such as among agencies and institutions in a community and what is currently known about Pathophysiology epidemiology and social impact of asthma Genetic and environmental factors protective factors and risk markers Effects in women minorities children teens and elders Medical management self management and home monitoring Evidence based interventions at the family school and community levels Screening guidelines compliance issues and more In the absence of a cure or clear cut causes Asthma Health and Society offers the most robust compilation of practical knowledge on its subject to benefit the range of public health and asthma professionals researchers teachers and students

Self-Management of Asthma Harry Kotses, Andrew Harver, 1998-03-24 This edifying volume presents current clinical and research issues on the self management of asthma from potential improvements and the evolving role of behavioral science in asthma treatment to assessments relevant to the subjective experience of asthma Reveals how self care programs can serve to improve patient health while lowering medical costs by reducing the need for services such as hospitalization and emergency facilities Featuring a unique multidisciplinary approach by experts in clinical pulmonary medicine and the behavioral sciences Self Management of Asthma elucidates the impact of asthma on the individual family and society discusses psychological correlates of asthma severity provides a basic understanding of the measurement of quality of life in asthma reviews methods of pulmonary home monitoring examines the perception of resistance to breathing and its modification furnishes guidelines for the selection and implementation of effective pediatric adult and personalized self management programs details potential solutions for overcoming lack of compliance to treatment recommendations and more Complemented with references tables equations and drawings Self Management of Asthma is essential reading for allergists immunologists pulmonologists respiratory physiologists psychophysiologists health and clinical psychologists psychiatrists public health specialists and graduate and medical school students in these disciplines

[Medicine Update 2024 \(Two Volumes\) and Progress in Medicine 2024](#) Milind Y Nadkar, Jyotirmoy Pal, 2024-02-13

Clinical Asthma E-Book Mario Castro, Monica Kraft, 2008-04-21 This unique new text delivers practical guidelines on diagnosing and treating patients with asthma Drs Castro and Kraft are extensively involved in asthma research and improved patient care and their comprehensive coverage of key challenges in diagnosing and treating

asthma makes this a must have resource The organized full color format ensures readability and helps you find information quickly and easily Offers up to date protocols and management guidelines to help you provide the best care for your patients Presents chapters on special situations and special populations to help you overcome clinical challenges such as the difficult to control or pregnant asthma patient Provides specialized sections on asthma education to give guidance on leading your patients to better self management by improving their adherence to treatment guidelines Highlights material found on the Asthma Educator Certification exam in special education boxes Offers expert guidance on translating the new NIH EPR 3 Asthma Guidelines to hands on patient care Organized in a consistent chapter format that provides concise logical coverage of essential information for easy reference Contains special boxes that highlight clinical pearls controversial issues and patient education information Uses a full color format that makes it easy to find information quickly National Heart, Lung, and Blood Institute Report of the Task Force on Behavioral Research in Cardiovascular, Lung, and Blood Health and Disease National Heart, Lung, and Blood Institute,1998 *Primary Care Medicine* Allan H. Goroll,Albert G. Mulley,2012-03-28 Now in its Sixth Edition this comprehensive text provides pertinent information on medical diagnosis therapy lab tests and health maintenance essential to decision making in primary care medicine Every chapter has been revised to include more images tables and bulleted lists Practical recommendations that incorporate the best available evidence expert consensus guidelines and clinical judgement are listed in bulleted items at the end of every chapter The dermatology section has been extensively revised for this edition by a new section editor A companion Website offers the fully searchable text and an image bank **Environmental Health Perspectives** ,1993 **Evidence-Based Respiratory Medicine** Peter G. Gibson,Michael Abramson,Richard Wood-Baker,Jimmy Volmink,Michael Hensley,Ulrich Costabel,2008-04-15 First major evidence based text in adult respiratory medicine Comprehensive authoritative summary of the best treatments for the major respiratory diseases Compiled by specialists from the Cochrane Airways Management Group Easy to use format with key clinical implications summarised in each chapter Kept up to date online Compiled by specialists from the Cochrane Collaboration Airways Management Group Evidence based Respiratory Medicine is the first major evidence based text in adult respiratory medicine Providing a comprehensive summary of the best treatments for the most important respiratory diseases some of the world s leading physicians review the evidence for a broad range of treatments using evidence based principles Essential information is presented in an easy to understand format with the most important clinical implications summarised in each chapter Evidence based Respiratory Medicine tackles the big clinical questions in diagnosis and treatment presenting treatment options which take into account the individual patient s needs Evidence Based Series Evidence based Respiratory Medicine part of the acclaimed series BMJ Evidence based medicine textbooks that have revolutionised clinical medicine literature comes with a fully searchable CD ROM of the whole text Note CD ROM DVD and other supplementary materials are not included as part of eBook file **Middleton's Allergy E-Book** N.

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Primary Care Medicine: Office Evaluation and Management of The Adult Patient: Sixth Edition Allan H Goroll, Albert G Mulley, Jr., 2011-01-01 Now in its Sixth Edition this comprehensive text provides pertinent information on medical diagnosis therapy lab tests and health maintenance essential to decision making in primary care medicine Every chapter has been revised to include more images tables and bulleted lists Practical recommendations that incorporate the best available evidence expert consensus guidelines and clinical judgement are listed in bulleted items at the end of every chapter The dermatology section has been extensively revised for this edition by a new section editor A companion Website offers the fully searchable text and an image bank This is the tablet version which does not include access to the supplemental content mentioned in the text

Murray & Nadel's Textbook of Respiratory Medicine E-Book V. Courtney Broaddus, Joel D. Ernst, Talmadge E. King Jr, Stephen C. Lazarus, Kathleen F. Sarmiento, Lynn M. Schnapp, Renee D. Stapleton, Michael B. Gotway, 2021-05-28 Known for its clear readability thorough coverage and expert authorship Murray advanced ultrasound applications and procedures interventional pulmonology immunotherapy lung cancer targeted therapy outbreaks pandemics and bioterrorism point of care ultrasound use of high flow oxygen and more Includes extensively reorganized sections on basic science pleural disease and sleep with new chapters and approaches to the topics Features more than 1 450 anatomic algorithmic and radiologic images 400 are new including CT PET MR and HRCT plus extensive online only content 200 procedural and conceptual videos plus audio clips of lung sounds Brings you up to date with the latest respiratory drugs mechanisms of action indications precautions adverse effects and recommendations with increased emphasis on algorithms to illustrate decision making Enhanced eBook version included with purchase Your enhanced eBook allows you access to all of the text figures reporting templates and references from the book on a variety of devices

Asthma Allan Weinstein, 1987-01-01 A practical self help program explains the nature of the widespread ailment and

shows how sufferers can avoid expense and difficulty by controlling the illness at home **Serious Game Design and Development: Technologies for Training and Learning** Cannon-Bowers, Jan, Bowers, Clint, 2010-02-28 With an increasing use of video games in various disciplines within the scientific community this book seeks to understand the nature of effective games and to provide guidance for how best to harness the power of gaming technology to successfully accomplish a more serious goal Provided by publisher Nursing Outcomes Classification (NOC), Measurement of Health Outcomes, 5 Sue Moorhead, 2013-01-01 Suitable for clinicians students educators researchers and administrators in various clinical educational and research venues this title includes specific indicators that can be used as intermediate outcomes or to evaluate and rate the patient in relation to outcome achievement This text standardizes the terminology and criteria for measurable or desirable outcomes as a result of interventions performed by nurses Clinicians students educators researchers and administrators in a variety of clinical educational and research venues can use the classification which serves as an important focus for both cost containment and effective care This new edition is even more comprehensive and includes specific indicators that can be used as intermediate outcomes or to evaluate and rate the patient in relation to outcome achievement *Asthma and Rhinitis* William W. Busse, Stephen T. Holgate, 2008-04-30 The second edition of this highly acclaimed text has been extensively revised and greatly expanded to reflect the considerable advances made in our understanding of the mechanisms of asthma and rhinitis Containing the contributions of 242 experts of international standing presented in 133 chapters *Asthma and Rhinitis* provides an up to date authoritative reference for both the clinician and scientist The global approach given in this book mirrors the universal approach to the understanding of allergic disease The editors have carried out a thorough and radical revision of the content by adding 6 new sections and 44 new chapters Most of this expansion is due to greatly increased coverage of the clinical aspects of asthma with new sections on childhood asthma and on drug treatment each drug class has its own chapter Also the expansion of research into the genetic basis of asthma has necessitated a whole new section on Genetics comprising some six chapters There are also new chapters on adult onset asthma and the relationship of asthma to sinusitis A new section on Asthma in Special Circumstances includes chapters on asthma in pregnancy asthma and surgery asthma in the elderly and asthma in the context of critical care In bringing the Second Edition fully up to date the book has inevitably increased in size and is now presented in two volumes The second edition of *Asthma and Rhinitis* will continue the tradition of its predecessor of providing an up to the minute reference for all those involved in the management of and research into asthma and rhinitis Nursing Outcomes Classification (NOC) - E-Book Sue Moorhead, Elizabeth Swanson, Marion Johnson, Meridean L. Maas, 2012-11-20 Promoting safe and effective nursing care Nursing Outcomes Classification NOC 5th Edition standardizes the terminology and criteria needed to measure and evaluate outcomes that result from nursing interventions Nearly 500 research based nursing outcome labels including 107 that are NEW to this edition help to standardize expected patient outcomes Specific indicators make it easier to evaluate

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Unveiling the Magic of Words: A Overview of "**Self Management Of Asthma**"

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