

2008 Asthma Study Guide

1. Define asthma.
2. Describe the impact of asthma on society, and the individual & family in terms of:
 - a. Prevalence
 - b. Morbidity
 - c. Mortality
 - d. Economic costs
 - e. Psychological functioning
 - f. Social functioning
 - g. Quality of life
 - h. Family life
3. Explain how family history and personal history determine the natural of asthma in an individual.
4. Explain the pathogenesis of asthma.
5. Explain the pathophysiology of asthma.
6. Explain the relevance of asthma triggers :
 - a. aeroallergens
 - b. tobacco smoke
 - c. viral respiratory infections
 - d. air pollutants
 - e. occupational sensitizers
 - f. medications
 - g. physical and emotional factors.
7. Describe the relationship of asthma to:
 - a. Rhinitis
 - b. Sinusitis
 - c. Gastroesophageal reflux
 - d. Atopic dermatitis
 - e. Food allergy.
8. Describe exercise-induced bronchoconstriction.
9. Describe the effect of the menstrual cycle on asthma.
10. Explain the effect of:
 - a. Pregnancy on asthma;
 - b. Asthma on pregnancy.
11. Identify signs and symptoms that are indicative of asthma.
12. Specify the essential components of a client history for asthma.
13. Describe the components of a physical examination for asthma.
14. Interpret the findings of a physical examination of a person with asthma.
15. Explain the role of the following in diagnosing or evaluating asthma:
 - a. Lung function tests
 - b. Allergy assessment
 - c. Pharmacotherapy.
16. Differentiate among the lung function tests that may be used to help confirm an asthma diagnosis.
17. Distinguish between asthma severity and asthma control.
18. Assess the severity of a client's asthma.
19. Explain:
 - a. Peak expiratory flow (PEF)
 - b. How to monitor PEF
 - c. How to use a peak flow meter.

20. Interpret peak expiratory flow measurements.
21. Explain spirometry assessment in terms of:
 - a. Indications
 - b. Interpretation of results (FEV₁, FVC, FEV₁/FVC, peak expiratory flow)
 - c. Quality control.
22. Explain hyperresponsiveness in terms of:
 - a. Indications
 - b. Interpretation of results.
23. Explain:
 - a. How skin testing is performed in an allergy assessment
 - b. The results of skin testing.
24. Describe differential diagnoses for children and adults that are relevant to asthma.
25. Discuss the criteria that indicate the best results for asthma control.
26. Assess for indicators of loss of control of asthma.
27. Explain the continuum approach for asthma management.
28. Explain the goal of client self-monitoring.
29. Explain how to use a diary in monitoring asthma control.
30. Interpret a diary as to whether asthma control is acceptable..
31. Explain the purpose of an action plan.
32. Explain the relationship between the client diary and action plan.
33. Describe the components of an appropriate plan of action.
34. Describe how to use a client action plan.
35. Explain how to manage asthma during:
 - a. The menstrual cycle
 - b. Pregnancy.
36. Explain how to manage exercise-induced bronchoconstriction.
37. Counsel on environmental control measures used in asthma management.
38. Identify generic and trade names of medications.
39. Classify medications according to their action
40. Explain the indications for the medications.
41. Describe the side effects of the medications.
42. Identify the methods of administration of the medications.
43. Counsel clients on the proper use and maintenance of medication delivery devices.
44. Identify which inhaled delivery devices are used with specific medications.
45. Establish which inhaled delivery devices are best suited to clients of different ages and varying needs.
46. Examine the role of immunotherapy in asthma management.
47. Discuss the role of alternative therapies in the management of asthma.
48. Assess acute asthma in emergency care.
49. Explain how to treat acute asthma in emergency care.
50. Explain:
 - a. The importance of follow-up
 - b. How to conduct an effective follow-up visit.
51. Determine the circumstances that warrant referral to:
 - a. A specialist;
 - b. Other health care professionals .