

| Learning Objectives | 1999 Guidelines #s | 2001 Update #s | Adult Update May/June 2004 #s | Pediatric Asthma Consensus Guidelines 2003 (Updated to Dec 2004) #s | Asthma Module Handouts 2008 |
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2008 Asthma Study Guide Answer Key

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|--|---|---|---------------------|-------------|---|
| 1. Define asthma. | S2 | 6A | 10A | S12, S15 | 1.1.2 p.1 |
| 2. Describe the impact of asthma on society, and the individual & family in terms of: a. Prevalence b. Morbidity (The incidence or prevalence of a disease.) c. Mortality d. Economic costs e. Psychological functioning f. Social functioning g. Quality of life h. Family life | a. S10 (occupational asthma) b.S60 c.S60 d.S60 | a. 36A c. 15-36A d.13A e.10A (re: pet removal) | g.18A (adolescents) | g.S52 | 1.1.2 a. p.1 b. p.1-2 c. p.2 d. p.2 f. P.2 |
| 3. Explain how family history and personal history determine the nature of asthma in an individual. | S7-8 | 6A, 9A, | | S12-13, S17 | 1.1.2 p.2 |
| 4. Explain how to take an effective patient history. | | | | | 1.3.2.A p.1-2 1.3.2.B p.1-5 |
| 5. Explain the pathogenesis (the production and development of disease.) of asthma. | S2 | 6A | 10A | S12-13 | 1.1.2 p.3 |
| 6. Explain the pathophysiology (the physiology of abnormal or diseased organisms or their parts; the functional changes associated with a disease or syndrome.) of asthma. | | 6A | 10A | | 1.1.2 p.4 |

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| 7. 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. | a. S8 b.S11 c.S10 d.S11-13 e.S10 f.S50-51 | a.10A-11A b.10A | | b.S17 c.S15 | 1.2.2 p.1-3 |
| 8. Describe the relationship of asthma to: a. Rhinitis b. Sinusitis c. Gastroesophageal reflux d. Atopic dermatitis e. Food allergy. | a. S6 d.S6 | a.8A b.8A c.8A | | a.S15-16, 26 b.S5-6 d.S5, S15 | 1.2.2 a. p.3 b. p.3 c. p.3 |
| 9. Describe exercise-induced bronchoconstriction.. | S18 | | | | |
| 10. Describe the effect of the menstrual cycle on asthma. | | | | | |
| 11. Explain the effect of: a. Pregnancy on asthma; b. Asthma on pregnancy. | a. S51-52 b.S51-52 | | | | 1.2.4 a. p.2 b. p.2 |
| 12. Identify signs and symptoms that are indicative of asthma. | S6 S50-52(seniors) | | | | 1.2.3 |
| 13. Specify the essential components of a client history for asthma. | | | | | 1.3.3.A p.1-2 1.3.3.B p.1-5 |
| 14. Describe the components of a physical examination for asthma. | S17 | | | | 1.4.2 & 1.4.3 |
| 15. Interpret the findings of a physical examination of a person with asthma. | | | | | |
| 16. Explain the role of the following in diagnosing or evaluating asthma: a. Lung function tests b. Allergy assessment c. Pharmacotherapy. | a.S3-4, S6-7 b.S6-7 | | | a.S17 b.S15-16, 20-23 c.S17 | a. 1.4.5, b. 1.4.2 & 1.4.3 c. 1.4.4 |

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| 17. Differentiate among the lung function tests that may be used to help confirm an asthma diagnosis. | S6-7 | | | S17 | 1.4.6, 1.4.7, 1.4.8 |
| 18. Distinguish between asthma severity and asthma control. | S3-4 | 7A | 10-11A | S13 | 1.5.2, 1.5.5 |
| 19. Assess the severity of a client's asthma. | S3-4 | 6-7A | 11A | S13 | 1.5.5 |
| 20. Explain: a. Peak expiratory flow (PEF) b. How to monitor PEF c. How to use a peak flow meter. | a.S6 b.S17 c. | a. b. c. | a. b. c. | a. b. c. | a. 1.4.5 |
| 21. Interpret peak expiratory flow measurements. | S6 | | | | 1.4.6 |
| 22. Explain spirometry assessment in terms of: a. Indications b. Interpretation of results (FEV ₁ , FVC, FEV ₁ /FVC, peak expiratory flow) c. Quality control. | a.S6 b.S4, S6(dx. only) c.S18 | | | a.S17 | a. 1.4.6 |
| 23. Explain the methacholine challenge in terms of: a. Definition of hyperresponsiveness b. Indications for c. Interpretation of results. | b.S6-7 c. S4 | | | b.S18 | 1.4.8 |
| 24. Explain: a. How skin testing is performed in an allergy assessment b. The results of skin testing. | a.S8 | | | | 1.4.2 & 1.4.3 |
| 25. Describe differential diagnoses for children and adults that are relevant to asthma. | S6-7 | 9A(kids) | | S15,S17 | |
| 26. Discuss the criteria that indicate the best results for asthma control. | S3-4 | 7A | 10A | S13 | 1.6.2 |
| 27. Assess for indicators of loss of control of asthma. | S3-4 | | 10A | S13 | 1.6.2 |
| 28. Explain the continuum approach for asthma management. | S4 | | 11A | S13 | 1.5.4 |
| 29. Explain the goal of client self-monitoring. | S15 | | | | 1.8.2 |
| 30. Explain how to use a diary in monitoring asthma control. | S17 | | | | 1.8.2 |
| 31. Interpret a diary as to whether asthma control is acceptable.. | S17 | | | | |
| 32. Explain the purpose of an action plan. | S17 | | | S51 | 1.8.6 |
| 33. Explain the relationship between the client diary and action plan. | S17 | | | | |
| 34. Describe the components of an appropriate plan of action. | S17 | | 18A | S51 | 1.8.6 |
| 35. Describe how to use a client action plan. | S17 | | | | 1.8.6 |
| 36. Explain how to manage asthma during: a. The menstrual cycle b. Pregnancy | a. b.S51- 52 | | | | 1.2.4 |

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| 37. Explain how to manage exercise-induced bronchoconstriction. | S3, 15, 28-29, 32 | | | | 1.2.4 |
| 38. Counsel on environmental control measures used in asthma management. | S20 | | | S20 | 1.7.2 |
| 39. Examine the role of immunotherapy in asthma management. | S21-23 | | | S26-27, 46-49 | 1.7.8 & 1.7.9 |
| 40. Discuss the role of alternative therapies in the management of asthma. | S39-43 | | | | 1.7.8 & 1.7.9 |
| 41. Assess acute asthma in emergency care. | S53-58 | | | | 1.7.6 p.1-3 |
| 42. Explain how to treat acute asthma in emergency care. | S53-58 | 24-25A | | | 1.7.6 p.2-3 |
| 43. Identify generic and trade names of medications. | | 15A(IC S's) | | | 1.7.4 Pages 1-15 |
| 44. Classify medications according to their action | S4, 25, 28-29, 31 | 15A, 17-19A | | | 1.7.4 Pages 1-15 |
| 45. Explain the indications for the medications. | S25, 28-29, 31 | 15A | | S28, | 1.7.4 Pages 1-15 |
| 46. Describe the side effects of the medications. | S25-27, 29-30 | 15A | | | 1.7.4 Pages 1-15 |
| 47. Identify the methods of administration of the medications. | S44-49 | | | | 1.7.4 Pages 1-15 |
| 48. Counsel clients on the proper use and maintenance of medication delivery devices. | S44-49 | 23-24A | | S39-41 | Device pages located after 1.7.7 |
| 49. Identify which inhaled delivery devices are used with specific medications. | | | | | 1.7.4 Pages 1-15 |
| 50. Establish which inhaled delivery devices are best suited to clients of different ages and varying needs. | S44-48 | | | | 1.7.7 |
| 51. Determine the circumstances that warrant referral to: a. A specialist; b. Other health care professionals. | a.S15, 18, 25,27 b. | | | | 1.8.8 |
| 52. Factors to consider during a follow-up | | | | | 1.8.7 |