

**Cycle 4 – Asthma
2410 - Emergency Action Plan for Asthma
SCRIPT**

(1)

AMBER BURNETTE, MD:

You can die from asthma, even if you have very mild asthma. If you cannot breathe, you cannot live. So there are signs to watch out for, and then there is what we call an asthma action plan to follow when your symptoms are starting.

(2)

AMBER BURNETTE, MD:

So the first thing to do if you're having coughing, wheezing, chest tightness or shortness of breath is to use your rescue inhaler. Most people will use anywhere from two to four puffs every four to six hours as needed. The red flag for me, which I share with my patients, is if you can't make it to four hours before you need your next dose.

(3)

JOHN CHASE, MD:

There are people who sometimes are not very attuned to the symptoms that they're experiencing. So if you're not kind of attuned to those early warning signs, things can potentially get out of control.

(4)

FAITH HUANG, MD:

And I tell patients that, "If you're needing to use your rescue inhaler, which is the albuterol, every four hours or even more frequently than that, that's basically an emergency."

(5)

YANA SAMARASENA, MD:

If you take your rescue inhaler and there's no improvement in how you're feeling, at that point calling your allergist and going to an urgent care or emergency room is the next step.

(6)

AMBER BURNETTE, MD:

Now there are some circumstances you should call 911. You've done a treatment and you're still having significant shortness of breath, you can't get through a sentence.

(7)

AMBER BURNETTE, MD:

We'll tell them to do two treatments 20 minutes apart either through their inhaler or if they have what we call a nebulizer machine that delivers mist treatments of their rescue medication. But call for help so that they can come and assist you. The emergency responders will have oxygen, which is one of the things you critically need at that point.

(8)

YANA SAMARASENA, MD:

When you start feeling symptoms of asthma, it's important to take your rescue inhaler right away and not ignore it, because symptoms of asthma can progress.

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