

First Nations telehealth network

# Kids Asthma



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Respiratory Educator for AHS

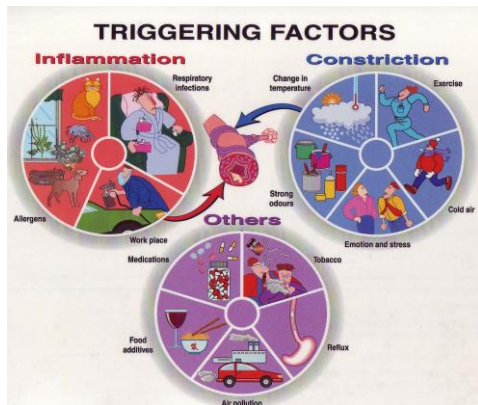
Normal bronchiole



Asthmatic bronchiole



ADAM



CONTROLLERS		
<b>Anti-Inflammatories</b>  <b>FLUTICASONE PROPIONATE</b> (Fluticasone Propionate Inhaler) <b>BUDESONIDE</b> (Budesonide Inhaler)	<b>Combination Medications</b>  <b>FLUTICASONE PROPIONATE/BUDESONIDE</b> (Fluticasone Propionate/Budesonide Inhaler) <b>FLUTICASONE PROPIONATE/BUDESONIDE</b> (Fluticasone Propionate/Budesonide Inhaler)	<b>Long-Acting Bronchodilators</b>  <b>SALMETEROL</b> (Salmeterol Inhaler)
 <b>FLUTICASONE PROPIONATE</b> (Fluticasone Propionate Inhaler) <b>BUDESONIDE</b> (Budesonide Inhaler)	 <b>FLUTICASONE PROPIONATE/BUDESONIDE</b> (Fluticasone Propionate/Budesonide Inhaler) <b>FLUTICASONE PROPIONATE/BUDESONIDE</b> (Fluticasone Propionate/Budesonide Inhaler)	 <b>SALMETEROL</b> (Salmeterol Inhaler)
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 <b>FLUTICASONE PROPIONATE</b> (Fluticasone Propionate Inhaler) <b>BUDESONIDE</b> (Budesonide Inhaler)	 <b>FLUTICASONE PROPIONATE/BUDESONIDE</b> (Fluticasone Propionate/Budesonide Inhaler) <b>FLUTICASONE PROPIONATE/BUDESONIDE</b> (Fluticasone Propionate/Budesonide Inhaler) <b>FLUTICASONE PROPIONATE/BUDESONIDE</b> (Fluticasone Propionate/Budesonide Inhaler)	 <b>SALMETEROL</b> (Salmeterol Inhaler) <b>SALMETEROL</b> (Salmeterol Inhaler) <b>SALMETEROL</b> (Salmeterol Inhaler)
<b>RELIEVERS (Short-Acting Bronchodilators)</b>		
 <b>ALBUTEROL</b> (Albuterol Inhaler)	 <b>ALBUTEROL</b> (Albuterol Inhaler)	 <b>ALBUTEROL</b> (Albuterol Inhaler)
 <b>ALBUTEROL</b> (Albuterol Inhaler)	 <b>ALBUTEROL</b> (Albuterol Inhaler)	 <b>ALBUTEROL</b> (Albuterol Inhaler)
 <b>ALBUTEROL</b> (Albuterol Inhaler)	 <b>ALBUTEROL</b> (Albuterol Inhaler)	 <b>ALBUTEROL</b> (Albuterol Inhaler)

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A vertical infographic with five colored rounded rectangular boxes connected by plus signs. The steps are: 1. Avoid your Triggers (orange), 2. Take your Medications (red), 3. Check your Device & Technique (yellow), 4. Follow your Action Plan (blue), and 5. Asthma Control (green). At the bottom is the iCAN logo and website.

Avoid your Triggers

Take your Medications

Check your Device & Technique

Follow your Action Plan

**Asthma Control**

**iCAN**  
control asthma now

[www.ucalgary.ca/icancontrolasthma](http://www.ucalgary.ca/icancontrolasthma)



Only 9% of patients use their inhalers correctly.<sup>1</sup>

**AeroChamber<sup>®</sup>** Brand VHC helps ensure medication is delivered deep in the lungs,<sup>1</sup> while providing feedback of correct use.

The diagram illustrates two scenarios of inhaler use. On the left, a person is shown using an inhaler without the AeroChamber. A circular inset shows a close-up of the mouth and throat area, with a red shaded region indicating where medication is collected. Text next to it states: "More medication collects in mouth and throat causing potential for side effects." Below this figure is the label "Inhaler Alone". On the right, a person is shown using an inhaler with the AeroChamber. A circular inset shows a close-up of the lungs, with a red shaded region indicating where medication reaches. Text next to it states: "Medication reaches lungs." Below this figure is the label "Inhaler with AeroChamber<sup>®</sup> Brand VHC (Inhaled Holding Chamber)".

More medication collects in mouth and throat causing potential for side effects

Inhaler Alone

Medication reaches lungs

Inhaler with AeroChamber<sup>®</sup> Brand VHC (Inhaled Holding Chamber)

**Flow-Vu<sup>®</sup>**  
The Flow-Vu<sup>®</sup> Advantage

**AeroChamber<sup>®</sup>**  
The Flow-Vu<sup>®</sup>

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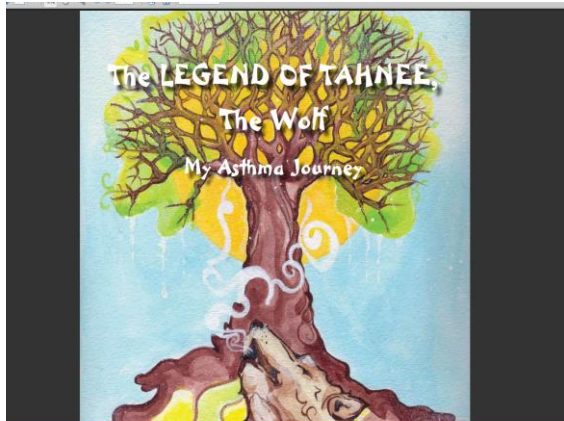
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[www.ucalgary.ca/icancontrolasthma](http://www.ucalgary.ca/icancontrolasthma)

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# Alberta Childhood Asthma Pathway





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## Barriers to asthma control

Social Determinants of Health.....

Adherence to medication

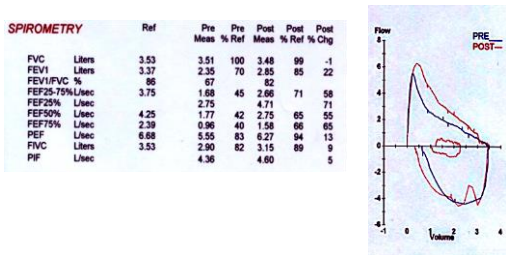
Medication side effects    Effects of medication and effects of not treating

Cost of medications

## Role of Spirometry

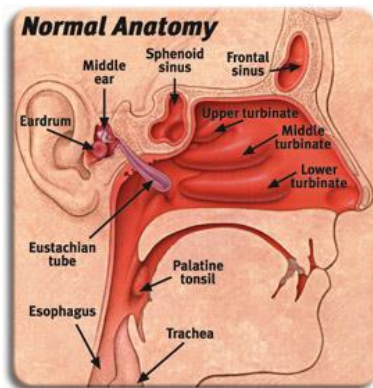
- CACG recommends spirometry for every asthma patient
  - Confirm diagnosis -30% of people with a doctor diagnosis do NOT have asthma
  - Help to discern how subjective/objective findings correlate with airways obstruction
  - Medication changes
  - Evaluate symptoms
  - Indicator of control
  - Screening for COPD in smokers

12 year old girl with airway reversibility following ventolin



## Differential diagnosis

- Post nasal drip
- Vocal cord Dysfunction
- Aspiration
- Obesity
- Deconditioning
- Tumor
- others



## Resources

- [www.ucalgary.ca/icancontrolasthma](http://www.ucalgary.ca/icancontrolasthma)
- [www.asthma.ca](http://www.asthma.ca)
- [www.lung.ca](http://www.lung.ca)
- Allergic living magazine