

Children's Services

Asthma Education project

Patient scenarios

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1. **Johnny** is an 8 year old child with asthma. In the last weeks his Asthma has kept him off school some of the time, he thinks his asthma is poorly controlled. He's had shortness of breath once a day and his asthma wakes him up at night about once a week and he needs to use his reliever inhaler about once a day. His peak flow is 140 L/min. His parents both smoke – what is his ACT score?

He weighs 25kgs and his height is 132cms – what should his normal peak flow expiratory (PEFR) rate be? What is his percentage of his predicted peak flow?

He is using a yellow spacer with a facemask and does 6 breaths for every puff of inhaler – what's your view on his inhaler technique?

2. **Daisy** is a ten year old with asthma. In the last 4 weeks she's not missed any school, been short of breath once a week and needed to use her reliever when she is. Her asthma wakes her up about once a week and she thinks her asthma is pretty well controlled. Her peak flow is 240 L/min. – what is her ACT score?

She weighs 28 kgs and her height is 143cms – what should her normal peak flow expiratory (PEFR) rate be? What is his percentage of his predicted peak flow?

She does not use a spacer and holds her breath for 30 seconds after each puff - what's your view on her inhaler technique?

3. **David** is 6 and in the last 4 weeks he says his asthma is completely controlled. He's not had to use his reliever inhaler at all and he's not missed any school. He's been sleeping well and not had any shortness of breath. His peak flow is 165 L/min. – what is his ACT score?

He weighs 20kgs and his height is 120cms – what should his normal peak flow expiratory (PEFR) rate be? What is his percentage of his predicted peak flow?

He uses a blue spacer without a facemask for his inhalers and counts to ten for each puff of his inhaler - what's your view on his inhaler technique?