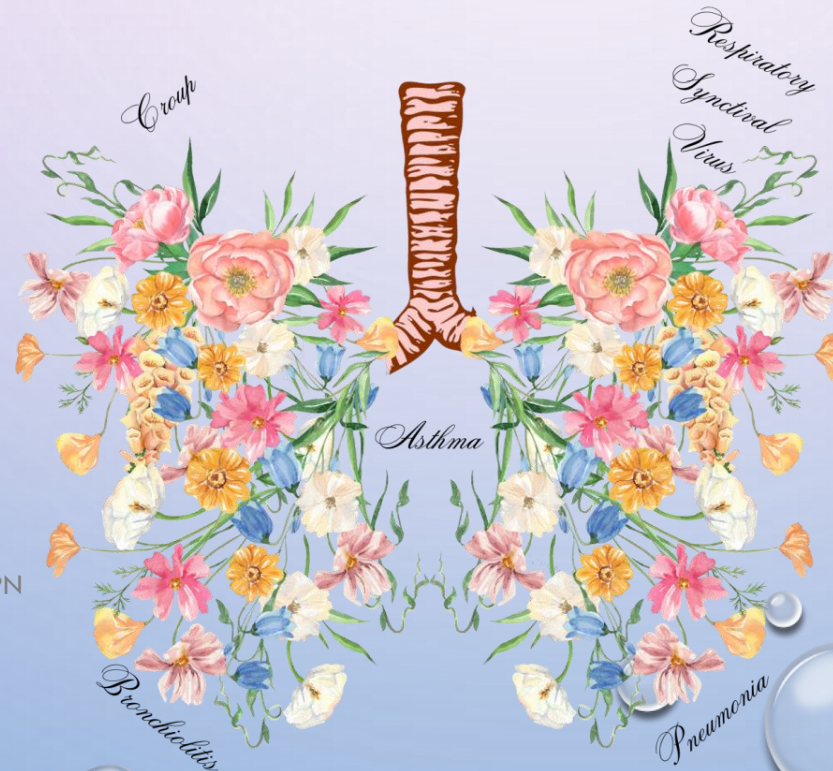


# COMMON RESPIRATORY INFECTIONS AND ASTHMA EXPLAINED

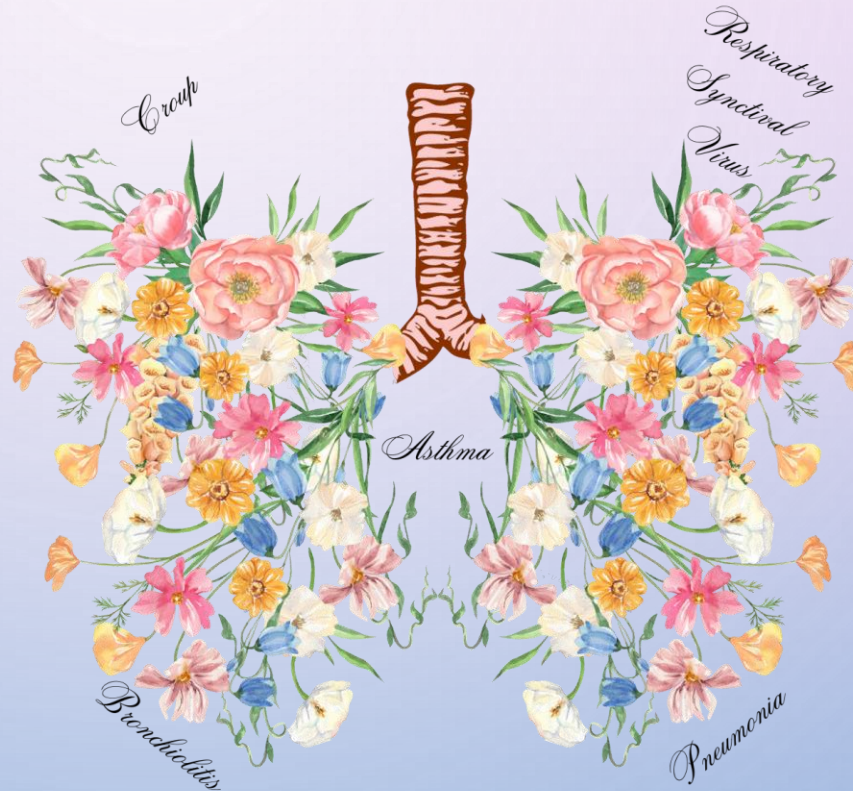


PRESENTED BY JENNIFER MENDEZ, LPN

JANUARY 22, 2025

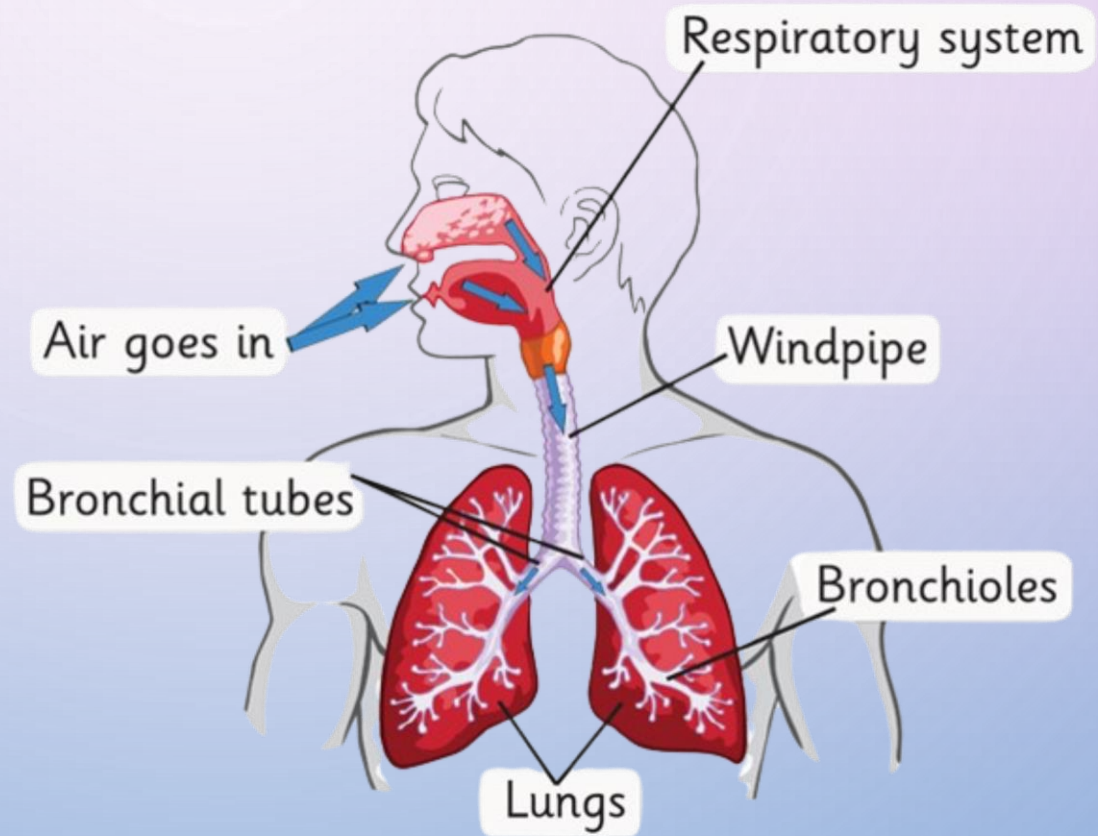
# TOPICS OF DISCUSSION

- THE RESPIRATORY SYSTEM
- RSV
- BRONCHIOLITIS
- CROUP
- WALKING PNEUMONIA
- ASTHMA



# THE RESPIRATORY SYSTEM

Nose and Mouth  
Trachea (Windpipe)  
Bronchi (Bronchial Tubes)  
Bronchioles  
Alveoli  
Lungs  
Diaphragm





# RSV- RESPIRATORY SYNCYTIAL VIRUS

- RSV is a very contagious infection and is one of the most common illnesses a child can get, however can affect any age group.

## Symptoms:

- ❖ Runny nose/ Stuffy nose
- ❖ Cough
- ❖ Slight low grade fever (Usually between 99°-101°)
- ❖ Wheeze
- ❖ Sneezing
- ❖ RSV Rash

## Treatment:

- ❖ Since RSV is a virus only symptoms are treated.



# BRONCHIOLITIS

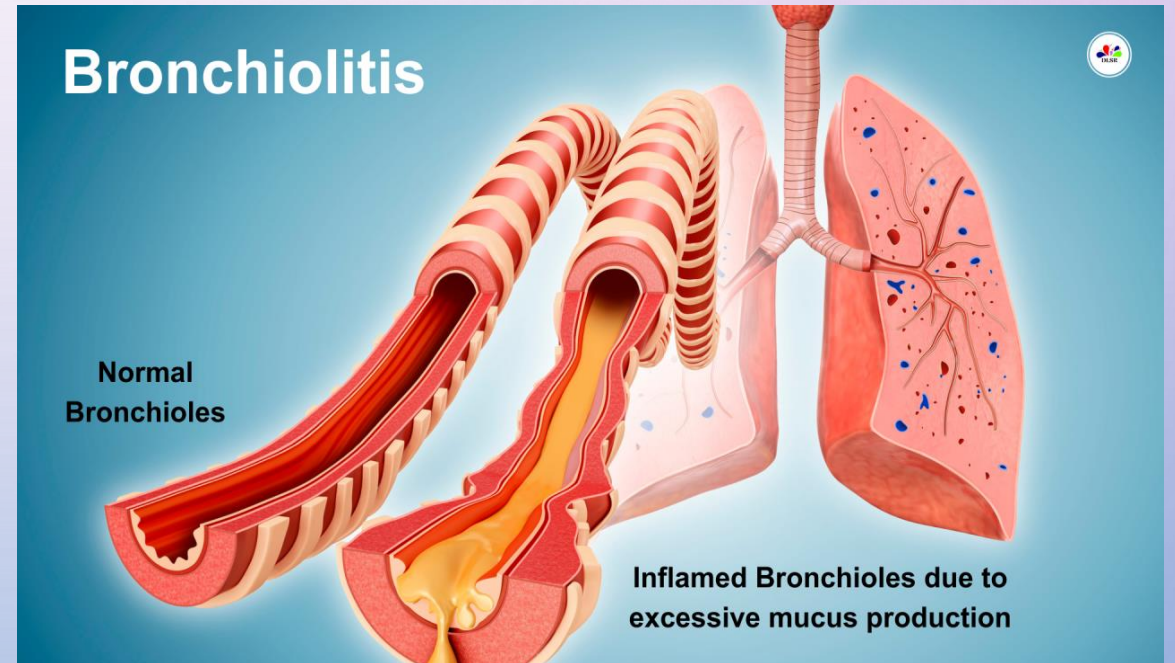
- Bronchiolitis is inflammation of the bronchioles, that become clogged with mucus and causes difficulty breathing. Usually caused by RSV, and other conditions. Primarily affects infants and toddlers.

## Symptoms:

- ❖ Runny nose/ Stuffy nose
- ❖ Cough
- ❖ Fever
- ❖ Wheezing
- ❖ Bluish of the lips
- ❖ Rapid Shallow Breathing

## Treatment:

Usually goes away on its own.



# CROUP

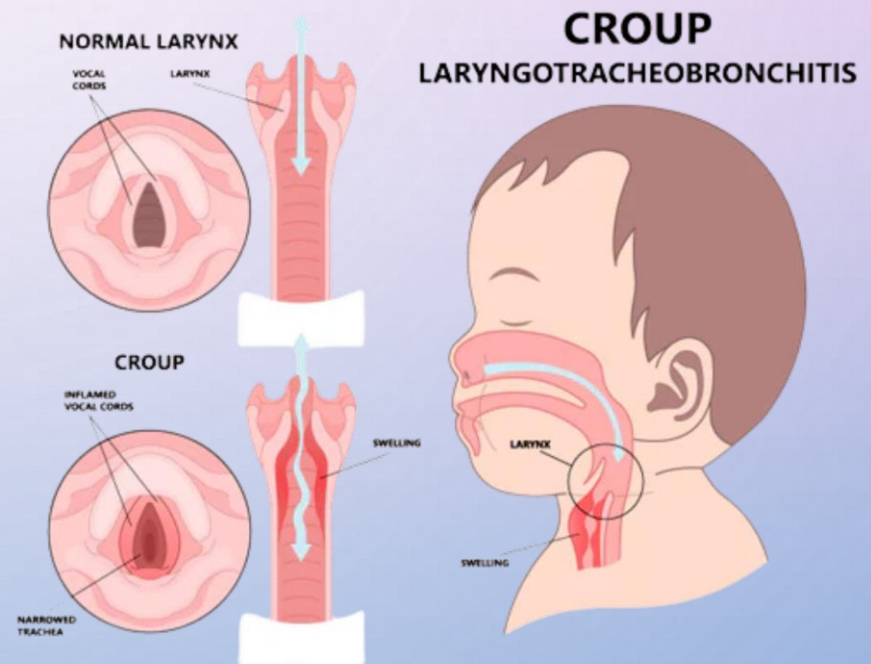
- Infection of the Upper Airway that includes swelling of the voice box, windpipe, and bronchial tubes. Usually caused by other viruses, including the flu.

## Symptoms:

- ❖ Loud barking cough
- ❖ Fever
- ❖ Hoarse voice
- ❖ Noisy or labored breathing
- ❖ Sneezing

## Treatment:

- ❖ Corticosteroid
- ❖ Epinephrine





# WALKING PNEUMONIA

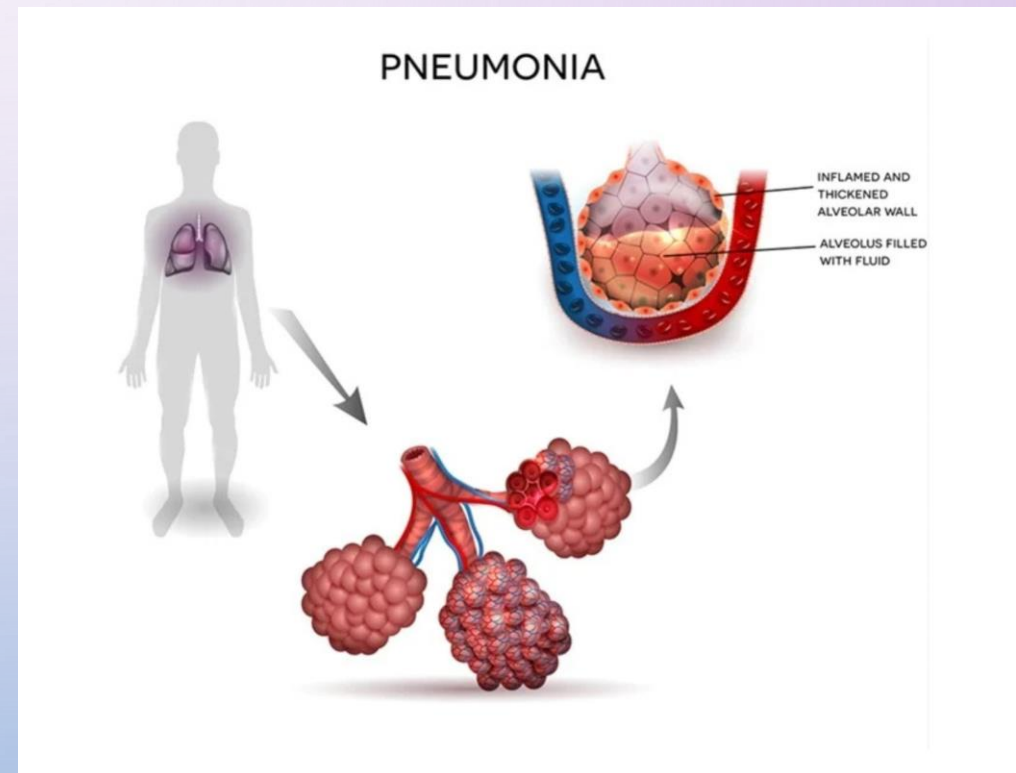
- Walking pneumonia is just like pneumonia, just milder. It's caused by bacteria, viruses, or other germs. It's contagious, spreading through sneezing, coughing, or close contact, but it's not as severe as regular pneumonia.

## Symptoms:

- ❖ Dry Cough
- ❖ Weakness/ Tiredness
- ❖ Low-Grade Fever/ Chills
- ❖ Mild Chest Pain
- ❖ Sneezing

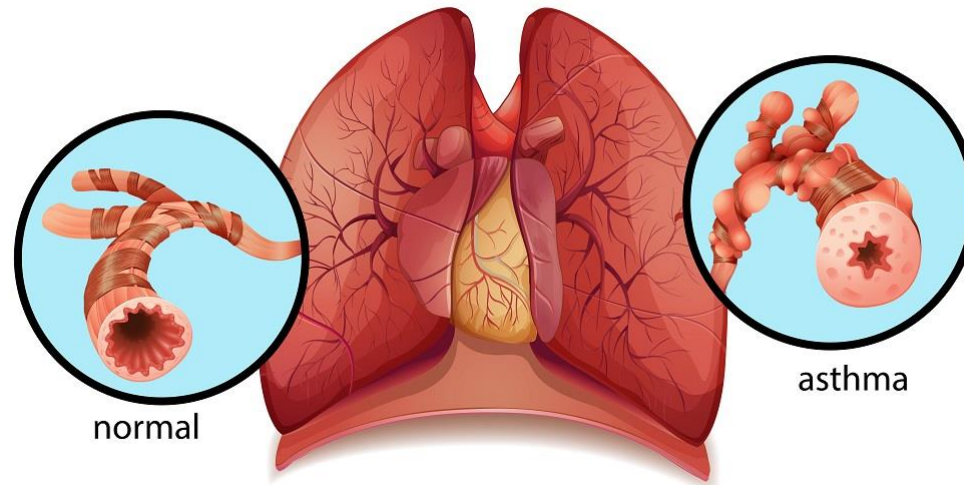
## Treatment:

- ❖ Antibiotics/ Steroids
- ❖ Inhalers or Nebulizers



# Asthma

## Asthma - Inflamed Bronchial Tube



Standard untriggered bronchial tubes are clear and allow for natural breathing. During a triggered asthma attack, the bronchial tubes that transport air into the lungs become inflamed and filled with mucus, causing constriction or tightening of the airway that makes breathing difficult. An asthma attack is the body's response to a specific trigger.



# Types of Asthma

- Allergic Asthma- 50-80% of all asthma cases
- Non-allergic Asthma is caused by viral infections, exercise, stress, and weather- 10-33% of asthma cases.
- Cough-variant asthma is when a dry cough is your only symptom. No shortness of breath or wheezing- The least amount of asthma cases.

## Asthma Symptoms

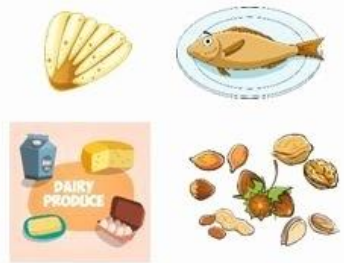
- Shortness of Breath
- Chest Tightness or Pain
- Wheezing (more common in children)
- Cough or Wheezing that worsens when sick

# Key factors in developing or contributing to asthma.

- ❖ Having a blood relative who has asthma.
- ❖ Having severe allergies or an allergic condition like eczema.
- ❖ Being overweight.
- ❖ Being a smoker.
- ❖ Being around smokers.
- ❖ Overexposure to fumes, air pollution, mold.
- ❖ Unresolved or untreated upper respiratory conditions like bronchitis or pneumonia.
- ❖ Some studies show cockroaches can contribute to asthma development.

# Common Triggers.

Foods



Colds/Infections



Air Pollution



Smoking

House-Dust Mite



Weather



Emotions



Pollen



Medicines



Animals



Exercise





# How is asthma treated or controlled?

## ASTHMA DRUG THERAPY

### RELIEVERS

#### 1. Short-acting $\beta_2$ -agonists

Asthavent<sup>®</sup> MDI /  
DP-Haler<sup>®</sup> /  
Revolizer<sup>®</sup> \*  
(Salbutamol)



Berotec<sup>®</sup> MDI  
(Fenoterol)



Venteze<sup>®</sup> MDI  
(Salbutamol)



Ventolin<sup>®</sup> MDI /  
Accuhaler<sup>®</sup> \*  
(Salbutamol)



#### 2. Anticholinergics

Atrovent<sup>®</sup> MDI  
(Ipratropium Bromide)



Ipvent-40<sup>®</sup> MDI  
(Ipratropium Bromide)



Spiriva Handihaler<sup>®</sup>  
(Tiotropium)



### CONTROLLERS

#### Long-acting $\beta_2$ -agonists

Foratec DP-Haler<sup>®</sup> /  
Revolizer<sup>®</sup> \*  
(Formoterol)



Oxis Turbuhaler<sup>®</sup>  
(Formoterol)



Serevent<sup>®</sup> MDI /  
Accuhaler<sup>®</sup> \*  
(Salmeterol)



### COMBINATIONS

DP-Haler<sup>®</sup> / Revolizer<sup>®</sup> \*  
(Budesonide + Formoterol)



Seretide<sup>®</sup> MDI /  
Accuhaler<sup>®</sup> \*  
(Fluticasone + Salmeterol)



Symbicord Turbuhaler<sup>®</sup>  
(Budesonide + Formoterol)



### PREVENTERS

#### 1. Inhaled Corticosteroids

Alvesco<sup>®</sup> MDI  
(Ciclesonide)



Beclate HFA<sup>®</sup> MDI  
(Beclomethasone)



Budeflam DP-Haler<sup>®</sup> /  
Revolizer<sup>®</sup> \*  
(Budesonide)



Budeflam HFA Gentle-Haler<sup>®</sup>  
(Budesonide)



Flixotide<sup>®</sup> MDI /  
Accuhaler<sup>®</sup> \*  
(Fluticasone)



Inflammid<sup>®</sup> MDI /  
Novolizer<sup>®</sup> \*  
(Budesonide)



Pulmicort Turbuhaler<sup>®</sup>  
(Budesonide)



QVAR<sup>®</sup> MDI  
(Beclomethasone)



#### 2. Leukotriene receptor antagonist

Singulair<sup>®</sup> tablets  
(Montelukast)



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ASTHMA EDUCATION BY



# Asthma Prevention

- Frequent vacuuming, and clearing away dust.
- Be aware of the quality of air before going outside for activities.
- Prevent getting sick, get a Flu vaccine.
- Avoid allergy triggers.
- If cold weather is a factor, bundle up.
- Remain active and frequently exercise your lungs.
- Quit Smoking!! Avoid second hand smoke!!

ANY QUESTIONS?

I'M SOOOO CONFUSED

