MidCentral District Health Board
Te Pae Hauora o Ruahine o Tararua

collaborative clinical pathways

CentralPHO
Working together, towards healthy and flourishing communities

Two types of inhalers are used to treat asthma:

- An anti-inflammatory drug (usually a steriod) to prevent asthma occurring **(Preventer)**
- A bronchodilator or inhaler to quickly relieve the wheeze or chest tightness when asthma does occur **(Reliever)**

Chronic (Ongoing) Asthma

In children (1 to 16 years)

- Child has wheeze or is breathless
- The wheeze may come and go
- May be waking at night with cough or wheeze
- Trouble with breathing when exercising

Persistent Asthma
Treatment once or more each week
OR
Frequent Asthma
More often than once every one to two months

Intermittent or Infrequent Asthma
Asthma which requires treatment every one to two months

Asthma caused by exercising

Preventer medication (inhaler and/or as a pill) taken regularly to prevent the asthma symptoms

Take reliever medication as required

Before exercise, use reliever medication

If symptoms are not well controlled the doctor may recommend trying different combination of medication

Adequate control of symptoms

- No cough or wheeze
- Reliever inhaler used less than 3 times a week
- Asthma does not interfere with sleeping, school or exercise
- Doctor or nurse may look at reducing the amount of medication required to best manage the symptoms

Symptoms not controlled – GP may refer to Paediatrician

Follow the Child Asthma Action Plan
http://asthmafoundation.org.nz/wp-content/uploads/2012/03/J0907_ASTHMA_Child-Asthma-Plan_v5.pdf

GPs, Hospital Doctors, nurses, pharmacists, and other health professionals follow the clinical version of these pathways which are based on the best available clinical evidence.

Updated: 7 March 2014