

Asthma Medications

Maintenance and Rescue Medications



Module 3 Questions

1. Using your rescue inhaler every day is:
 - a) Usually a bad idea and means your asthma is not well controlled
 - b) Important to keep your asthma under control
 - c) Something everyone with asthma needs to do
 - d) Called asthma maintenance
2. Why might someone use a spacer with their inhaler?
 - a) A spacer helps make sure the medicine gets down into your lungs where it's needed.
 - b) Spacers helps maintain your asthma
 - c) A spacer can make asthma medicine taste better
 - d) Spacers help you take bigger breaths
3. Why shouldn't you use asthma rescue medicines every day?
 - a) It is too expensive
 - b) Asthma rescue medicines are not intended for daily use
 - c) If you use them too often, they may get too powerful
 - d) If you use them too often, they may not work as well if you have a bad asthma attack
4. True/False: You only need to treat asthma when you feel bad.
 - a) True
 - b) False

Types of Asthma Medications

Maintenance

- Taken every day to prevent asthma symptoms
- Most effective when taken consistently, even if you aren't feeling bad
- Inhaled corticosteroids, inhaled LABA, biologics, leukotriene modifiers, inhaled LAMA.



Rescue

- Taken as needed when symptoms worsen or during an asthma flare
- Using your rescue medication too frequently can reduce its effectiveness
- Asthma is not well controlled if using more than 2x a week
- Short acting beta agonist, anticholinergics
- Albuterol



Inhaler Devices

Metered Dose Inhaler (MDI)

- Push activated. Produce an aerosol that you SLOWLY inhale
- Requires hand-breath coordination.
- Spacer needed - helps medication get delivered to lower airways



Dry Powder Inhalers (DPI)

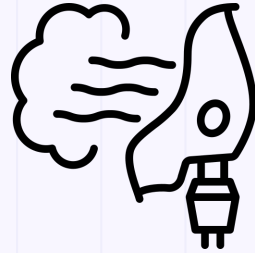
- Breath activated.
- Forcefully inhale and hold for 10 seconds to create aerosol
- No spacer needed
- Not effective if inhalation is not strong enough

STRONG
INHALE



Nebulizers

Nebulizers can be used for patients who are unable to use inhalers, such as small children.



Create a mist from a liquid medication that you then inhale.



Expensive and types of medications available are limited. 15 minute waiting period required

Nebulizers are no more effective than inhalers, when used correctly, and should only be used when necessary.

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