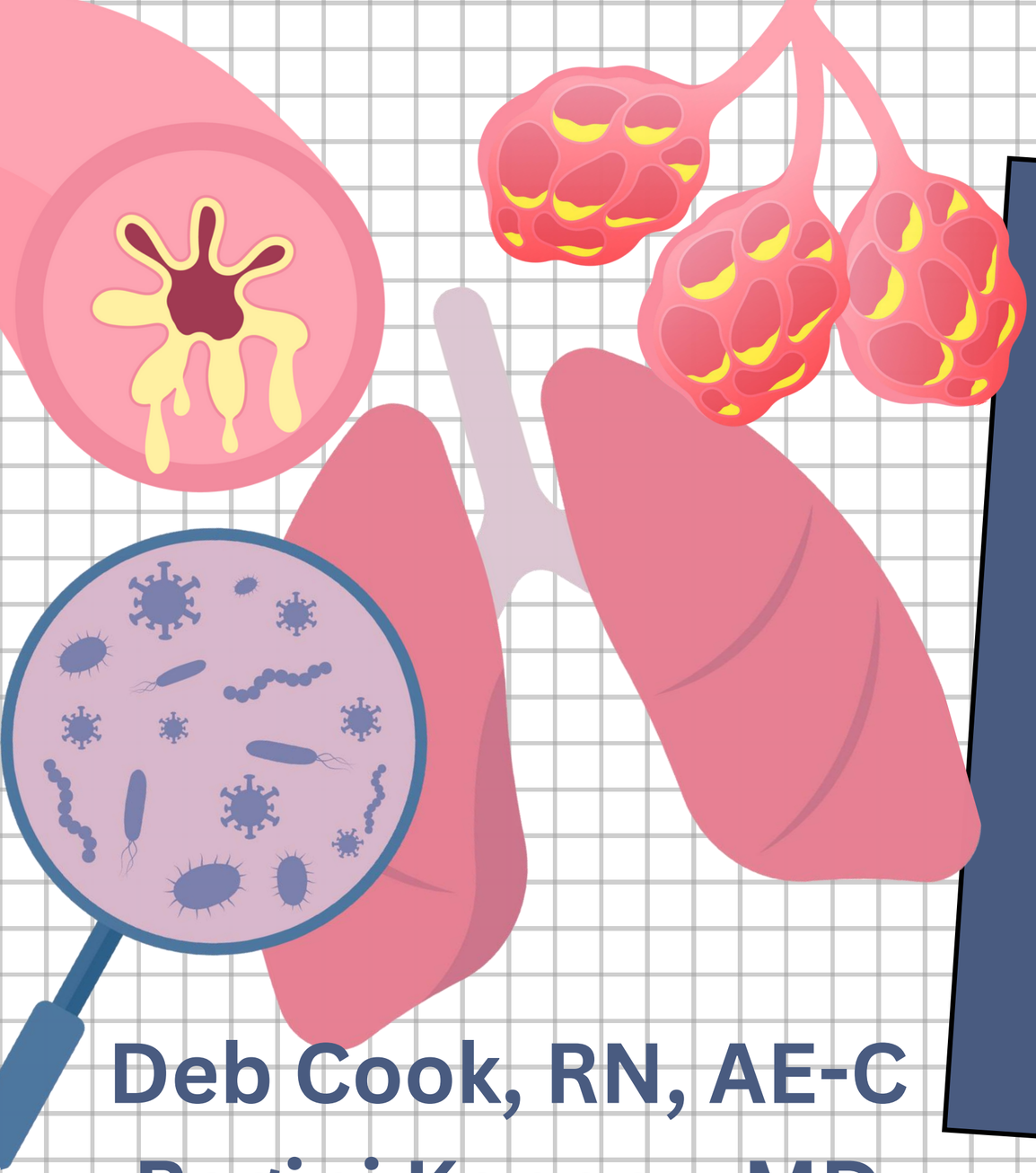


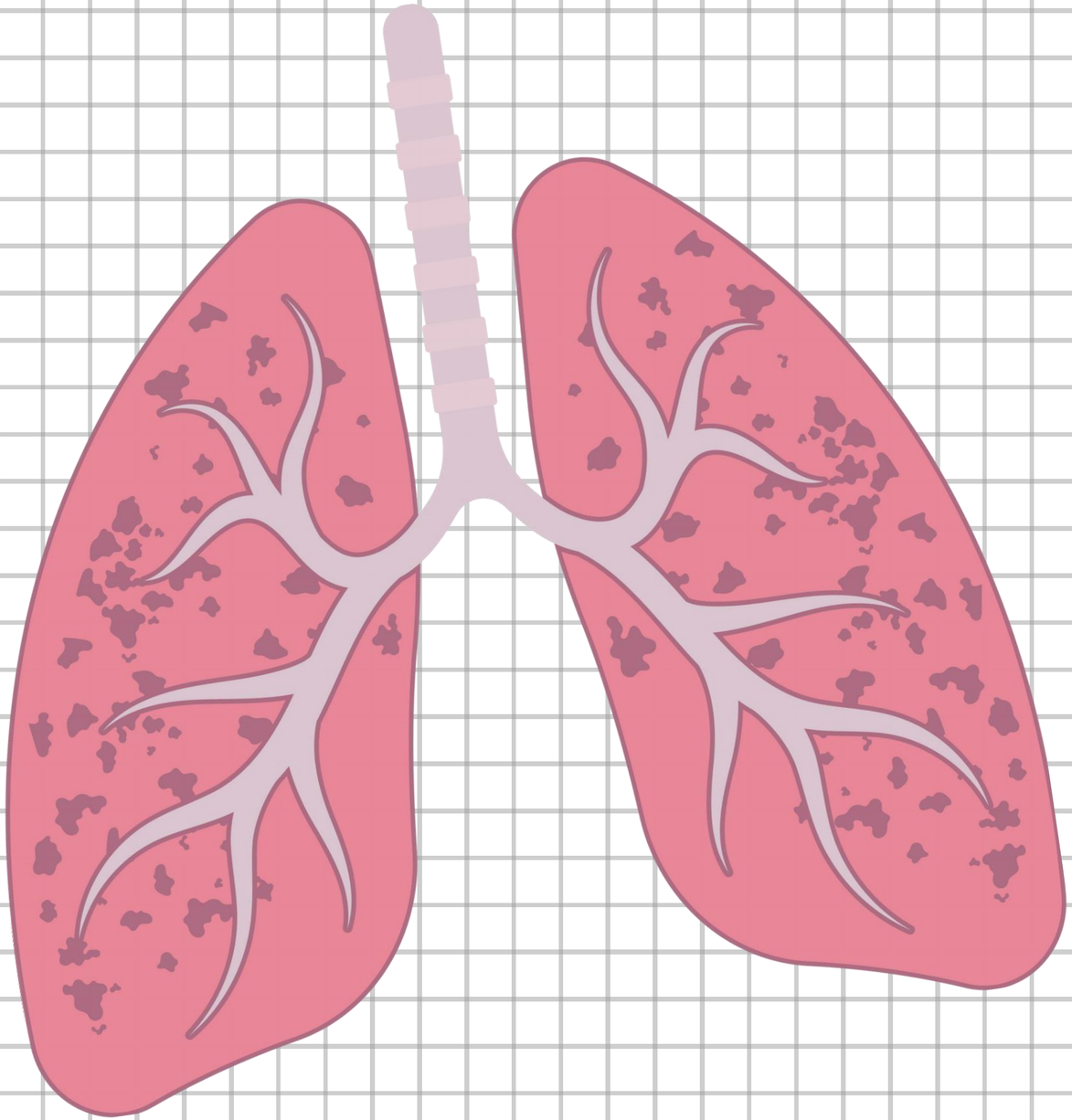
ASTHMA: PRETREAT AND EXERCISE THE BIG Q

SNAC-S
Dec 11, 2024

Deb Cook, RN, AE-C
Ragini Kapoor, MD

TODAY'S DISCUSSION

1. What is Exercise Induced Asthma (EIA)
2. How is EIA diagnosed?
3. Should every child with asthma have pretreat orders?
4. When to pretreat with albuterol?
5. How freq can pretreat albuterol be admin?

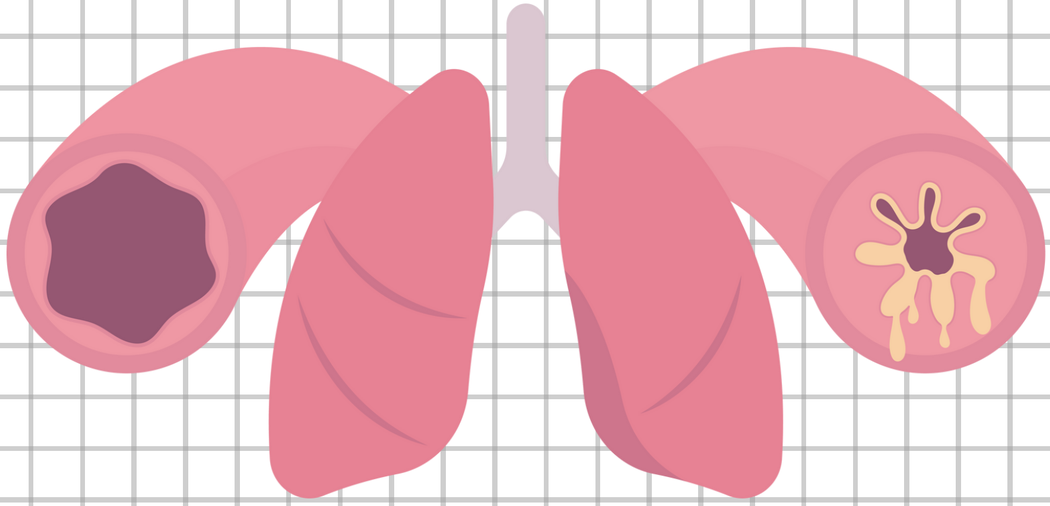


WHAT IS EXERCISE INDUCED ASTHMA (EIA)

How is it diagnosed?

Should every child have pretreat orders?

PRETREAT BEFORE ACTIVITY/ EXERCISE



Pretreat?

How do providers determine if pretreat albuterol is needed?

Some AAP have “as needed” for the pretreat orders

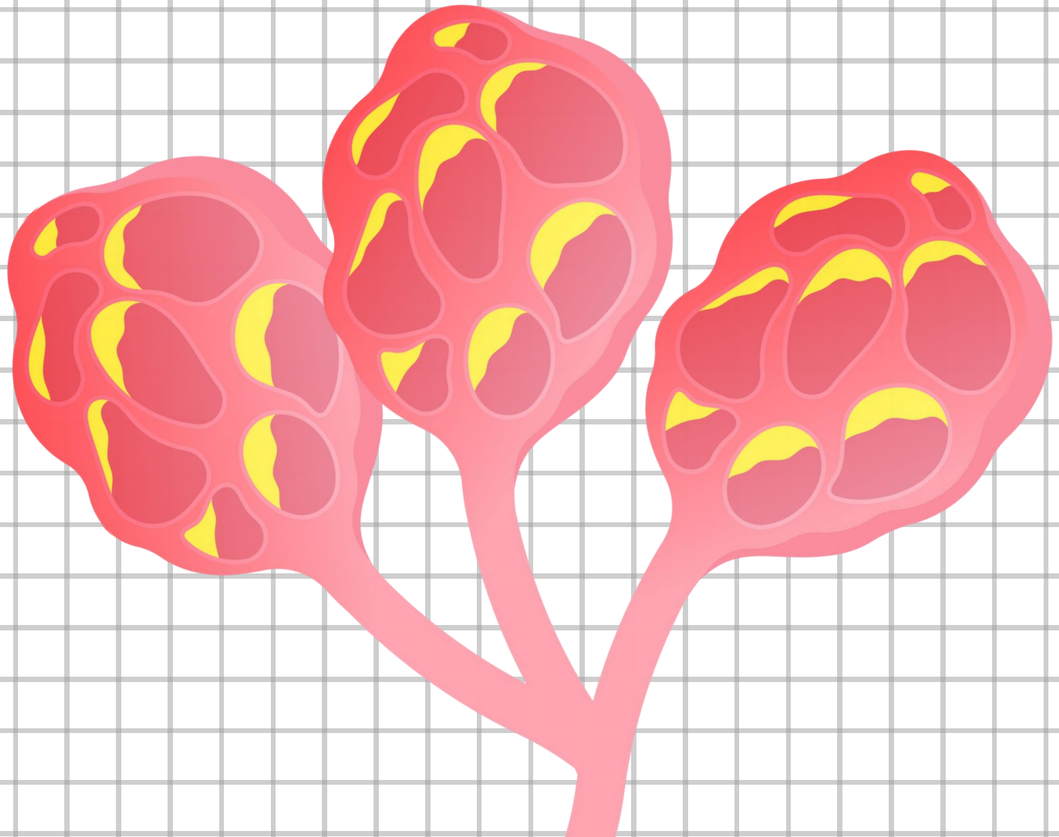
Before exercise	❑_____	❑2 or ❑4 puffs	5 minutes before exercise

Before you exercise: Take [ ]2 or [ ]4 Puffs of _____ 5 minutes before you start, as needed.

Before exercise, I should:

☐ Use puff of my inhaler by aerochamber 15-30 minutes prior to exercise **as needed** to prevent asthma symptoms.

ALBUTEROL



Albuterol

How much in advance of activity should the pretreat albuterol be given?

More Albuterol?

What if they present during the activity and report needing additional albuterol?

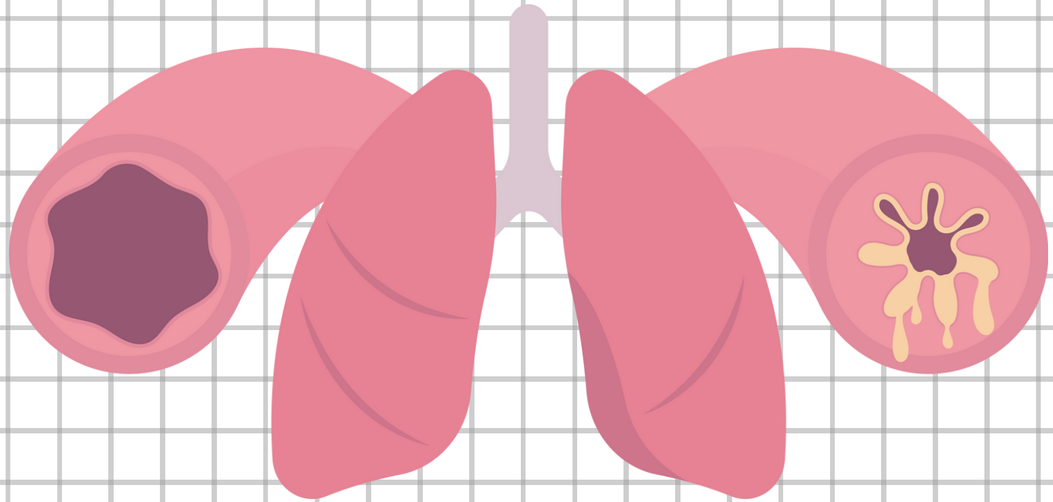
WHEN IS IT TOO MUCH ABUTEROL?

Multiple Doses?

How do I decide when they have both recess and PE in the same 1/2 day, or same day? Do I give multiple administrations of pre-treat?

Recess/PE

How do I interpret the orders “before activity”? Before every recess, PE class?



WHAT IF THEIR ASTHMA DOESN'T SEEM TO BE CONTROLLED?

Uncontrolled?

Receive pretreat albuterol but still has symptoms during activity. What should be done?

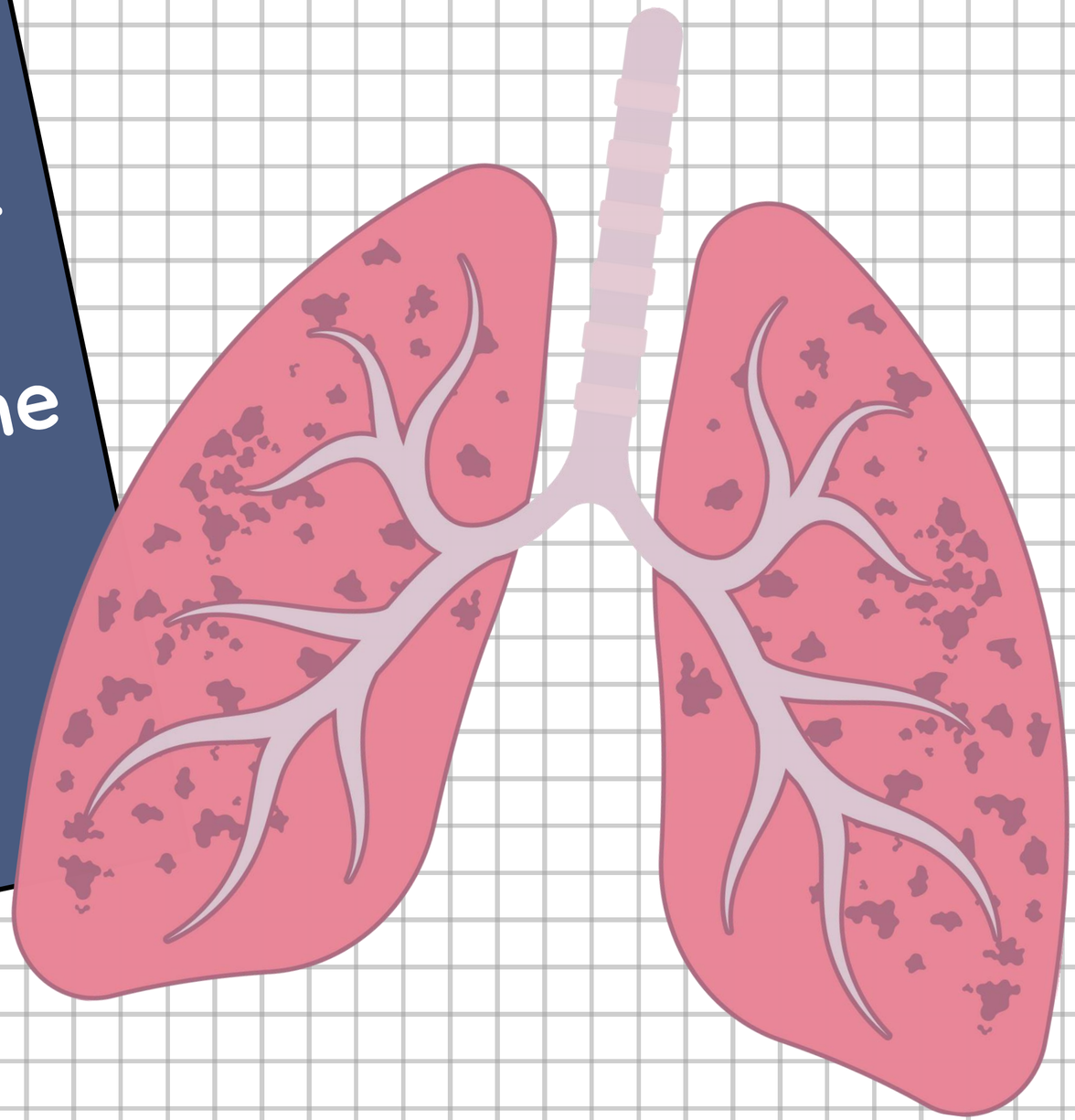
No ICS?

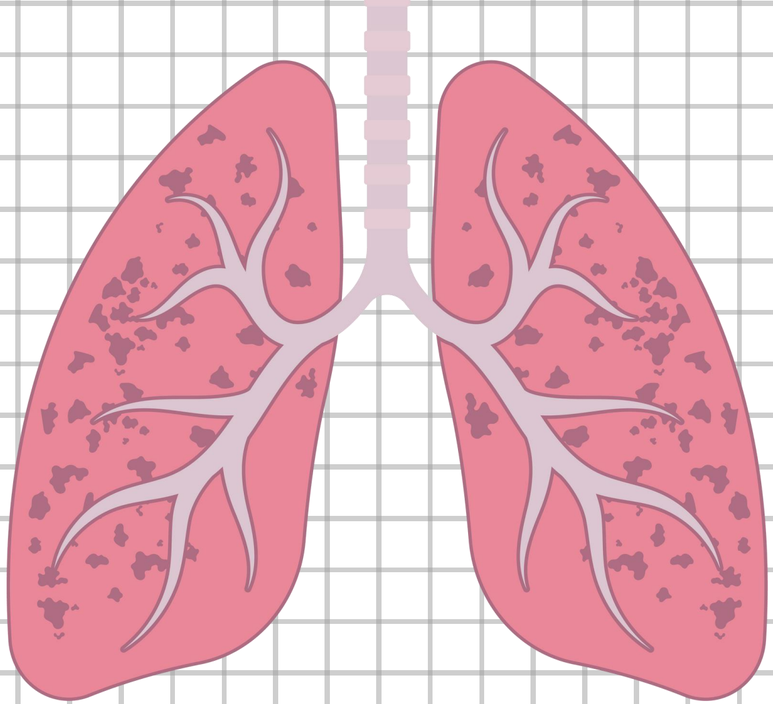
Child has pretreat orders, has symptoms during activity and also outside of activity. Chronic cough.

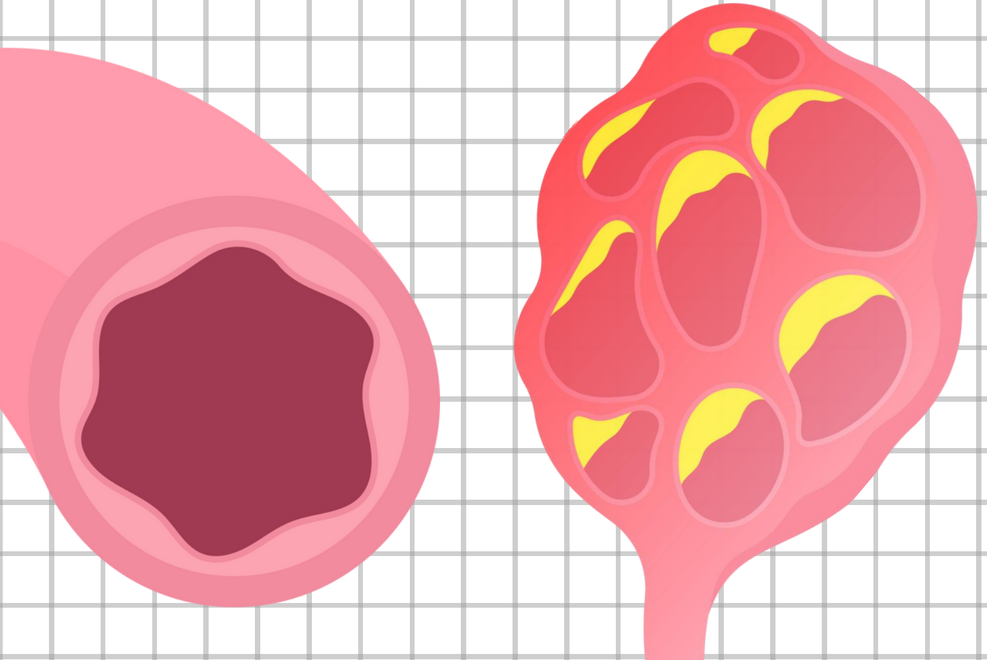
What about using SMART Therapy medications for pretreat?

Would this be listed in the plan to use them for pretreat?

Symbicort/Dulera







THANK YOU FOR JOINING US TODAY!

The End

ITEMS OF INTEREST

Next SNAC-S session Jan 15 (3rd Wednesday) SMART Therapy

Several resources on the SNAC-S Asthma Page (link in chat)

Recordings are located on the SNAC-S Asthma Page (link in chat)

We like to hear from you? What are your questions/challenges? Help guide our next session topics.

“Preparing for the Holidays”flyer was shared via email

January SNAC-S
January 15 and January 29