



ชมรมโรคระบบหายใจและเวชบำบัดวิกฤตในเด็กแห่งประเทศไทย

ร่วมกับ ยูโรดรัก ลาบอราทอรีส์

Role of Theophyllines in control of Asthma

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หัวหน้าหน่วยโรคภูมิแพ้

สถาบันสุขภาพเด็กแห่งชาติมหาราชินี

Clinical Asthma Control (GINA 2006)

- **No (twice or less/week) daytime symptoms**
- **No limitation of daily activities, including exercise**
- **No nocturnal symptoms or awakening because of asthma**
- **No (twice or less/week) need for reliever treatment**
- **Normal or near-normal lung function results**
- **No exacerbations**

Asthma management program

Component 1. Develop patient/doctor partnership

Component 2. Identify and reduce exposure to risk factors

Component 3. Assess, treat, and monitor asthma

Component 4. Manage asthma exacerbations

Component 5. Special Considerations

Levels of Asthma Control (GINA 2006)

Characteristic	Controlled (All of the followings)	Partly Controlled (Any measure present in any week)	Uncontrolled
Daytime symptoms	None (twice or less / week)	More than twice/week	Three or more features of partly controlled asthma present in any week
Limitations of activities	None	Any	
Nocturnal symptoms/awakening	None	Any	
Need for reliever/ rescue treatment	None (twice or less / week)	More than twice/week	
Lung function (PEF or FEV1) ^{***}	Normal	<80% predicted or personal best (if known)	
Exacerbations	None	One or more/year*	One in any week**

* Any exacerbation should prompt review of maintenance treatment to ensure that it is adequate

** By definition, an exacerbation in any week makes that an uncontrolled asthma week

*** Lung function is not a reliable test for children 5 years and younger

Asthma Control Test

	Score 1	Score 2	Score 3	Score 4	Score 5
Activities	all the time	most of the time	some of the time	little of the time	none of the time
Shortness of breath	> 1/day	1/day	3-6/wk	1-2/wk	not at all
Symptoms at night / morning	\geq 4/wk	2-3/wk	1/wk	1-2/wk	not at all
Use of beta-2 agonists	\geq 3/day	1-2/day	2-3/wk	\leq 1/wk	not at all
Control rate	not controlled	poorly controlled	somewhat controlled	well controlled	completely controlled