

Pulmonary Rehabilitation in Different Situations

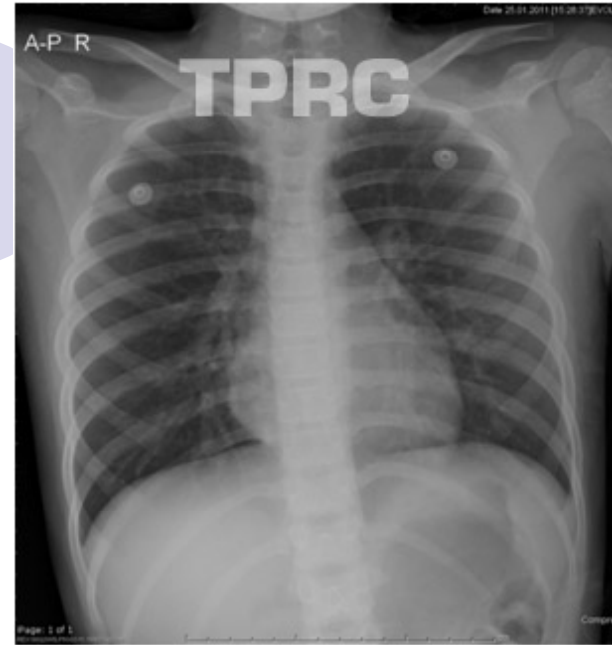


Case 1

- A 9-year-old girl with **status asthmaticus**
- Dust contact at school
- Asthma Dx since 4 years old
- Partly controlled, exercise induced asthma
- 2 admissions in the past 12 months
- Poor compliance
- SPT + for dust mite, cockroach
- Family Hx of asthma (brother)
- Co-morbid: allergic rhinitis, food allergy (seafood)
- Smoking exposure (dad)

Problems

- Status asthmaticus
- Partly controlled asthma
 - poor compliance
 - poor environmental control
 - co-morbidities (AR, food allergy)



Roles of pulmonary rehabilitation in asthma

1. Diagnosis process
2. Optimal treatment of asthma
3. Education: self management education
4. Environmental control
5. Physical training



Diagnosis process

- Wheezing that well-response to bronchodilator
- Strong family history of asthma
- Allergic rhinitis, SPT +ve
- Food allergy
- Whhezing apart from cold
- Blood eosinophilia