

Title:

Asthma Treatment -- How To Help Someone Having An Attack

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Summary:

Our existence depends on breath -- and an acute asthma attack can make it almost impossible to

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Article Body:

Our existence depends on breath -- and an acute asthma attack can make it almost impossible to

Knowing the basics of asthma treatment is essential when trying to help someone experiencing a

Maybe you are having dinner with a friend and all of a sudden, she looks panic stricken and gasps

Do you know how to deal with these situations? If you are able to provide the right asthma treatment

Here are key facts you should know.

* During a bout of asthma, patients find it easier to breathe while sitting up than lying down.

* Most asthma patients know what they need to do to deal with an attack. So it is best to ask them

Many asthma patients carry not only an inhaler, but a written instruction card as well. An asthma

In such situations, an instruction card explaining what needs to be done can be invaluable. If you

* Help them use the inhaler. An inhaler is designed to deliver a specific dose of asthma medication

Medication is so important that in case the patient doesn't have his or her inhaler available, you

In general, you should give two to four puffs of the inhaler and then wait for about five minutes

Position the mouthpiece of the inhaler between the patient's lips. Let him know when you are about

Wait for several seconds before you deliver another puff. Or until he lets you know he is ready

You can use a spacer to help the person inhale the medicine over the course of several breaths

If a spacer is not available, you can make one by rolling up some paper to create a tube.

* Once you've given medication, observe the patient for several minutes. Is it getting easier?

* If it appears that they are not responding to the medication within ten minutes, call an ambulance

The medication will help prevent the asthma attack from getting worse even if it doesn't seem to

* Stay calm throughout the episode. This will help the patient remain calm as well. If he panics

So talk to him calmly, to reinforce the feeling that everything is under control. This is vital

Being aware of these asthma treatment basics will help you deal effectively with many emergency

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