



Acute Emergencies

DEFINITION, IDENTIFICATION, CAUSES, SYMPTOMS, AND TREATMENT GUIDE

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Topics Covered

Topic 1

Topic 2

Topic 3

Topic 4





2. Breathing difficulty/Asthma



What is asthma?

Asthma is a disorder affecting the airways i.e. the tubes that carry air in and out of the lungs. It is caused by certain substances called 'triggers' for example- pollen, animal hair, dust mites, pollution, smoke, certain medicines, and stress.





How to identify if someone is having an asthma attack?



Indicator 1

**CHEST PAIN OR
TIGHTNESS AND
SHORTNESS OF BREATH**

Indicator 2

**COUGHING OR WHEEZING
WHILE BREATHING**



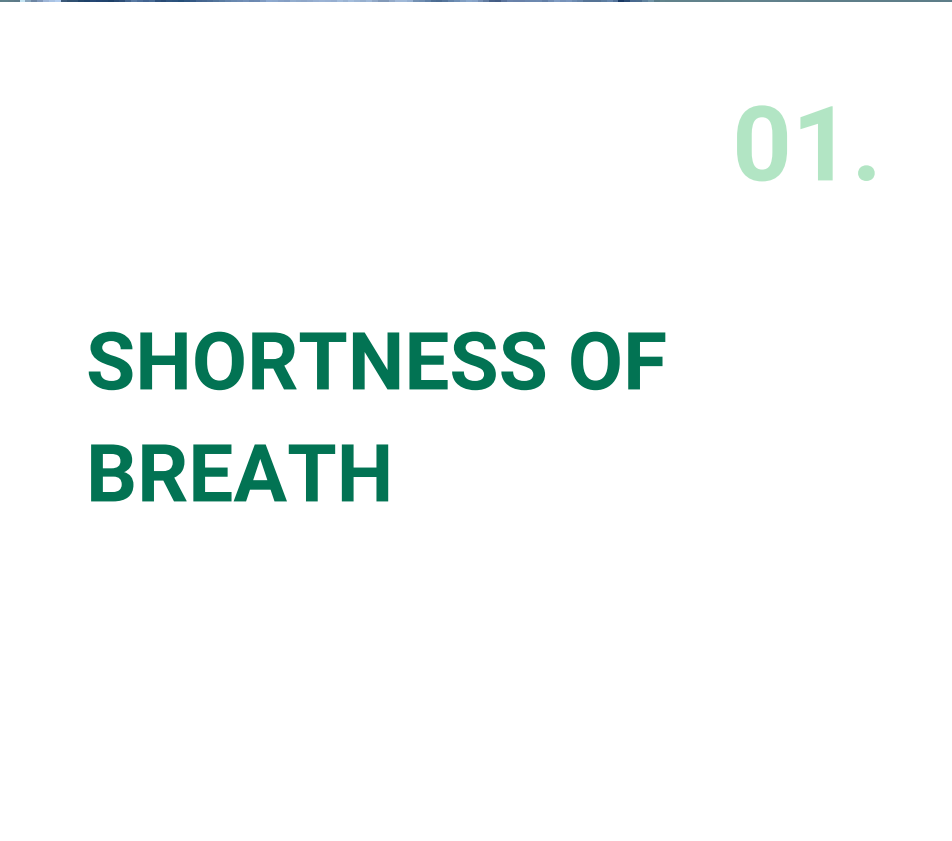
Symptoms and causes of asthma



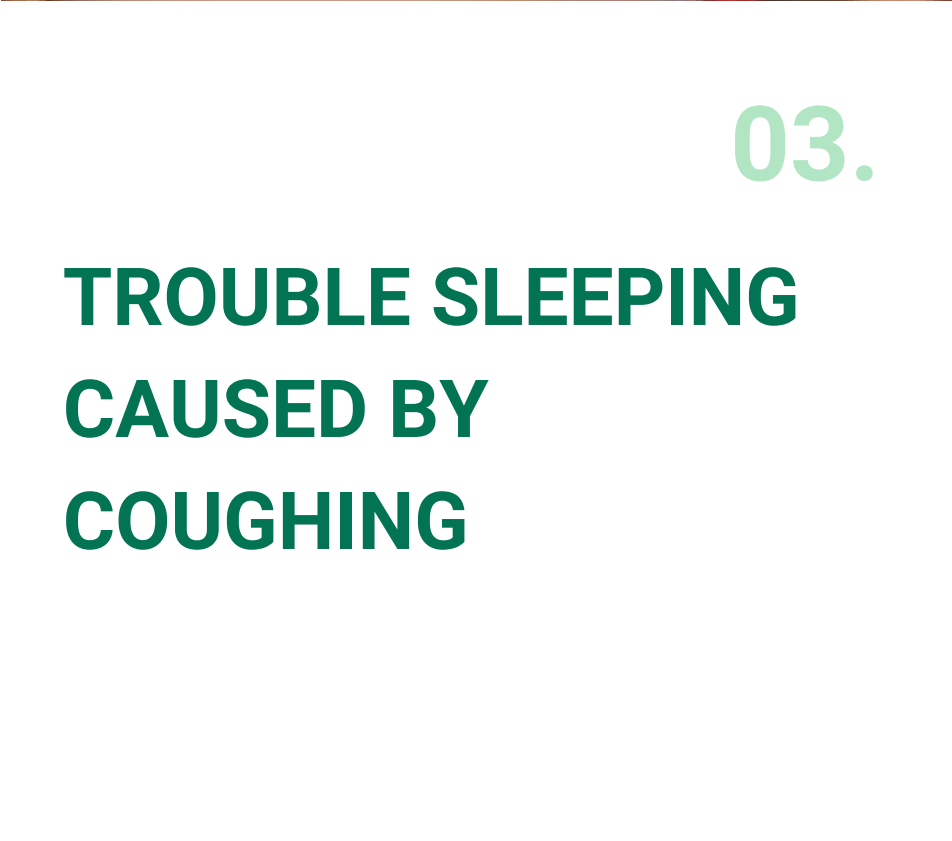
02.
CHEST TIGHTNESS



04.
WHEEZING WHILE EXHALING



01.
SHORTNESS OF BREATH



03.
TROUBLE SLEEPING CAUSED BY COUGHING



What to do?

To make the person comfortable and prevent any life threatening emergency do the following-

01.

Make the person sit comfortably upright, slightly leaning forward

02.

Give asthma medicines/inhalers/puffs

03.

Monitor their breathing pattern and responsiveness



What to do?

To make the person comfortable and prevent any life threatening emergency do the following-

04.

Seek medical help immediately if the person is still unable to breathe normally

05.

If unconscious and breathing, make them lie down in the recovery position

06.

If unconscious and not breathing, immediately start CPR

**Thank you for your
attention, It may save
a life one day**

