



Medications:

*** Bronchodilators - symptom relief**

- ↳ B-2 agonists → inhaler or neb.
 - short acting → **albuterol**
 - long acting → **salmeterol** [w/ corticosteroid]
- ↳ anticholinergics → inhaler or neb. [more effect in COPD]
 - **ipratropium, tiotropium**
 - ↳ + LABA = stronger + longer effect
- ↳ methylxanthines → oral or IV
 - **theophylline** → therapeutic range = 10-20

side effects →

- B-2 agonists
 - ↳ muscle tremor
 - ↳ restlessness
 - ↳ insomnia
 - ↳ tachy, palpitations, arrhythmia
- * use cautiously in pts w/ ♡ + renal disease, diabetes, ↑ thyroid, pregnancy *
- anticholinergics
 - ↳ pupil dilation
 - ↳ dry mouth
 - ↳ tachy
 - ↳ breathlessness
- * use cautiously in pts w/ glaucoma, ♡ disease ↑ thyroid *
- methylxanthines
 - ↳ insomnia
 - ↳ n/v
 - ↳ seizure
 - ↳ arrhythmia
- * use cautiously in pts w/ seizure disord., ♡, renal, liver disease *

"phyllines have you feelin toxic + tachycardic"

Medications:

*** bronchodilators**

- ↳ **B** beta 2 agonist [albuterol]
- ↳ **A** anticholinergics [ipratropium]
- ↳ **M** methylxanthines [theophylline]

one + only rescue drug for asthma attacks

*** anti-inflammatory agents**

- ↳ **S** steroids [beclomethasone, methylprednisolone]
- ↳ **L** leukotrine inhibitors [montelukast]
- ↳ **M** mast cell stabilizers [cromolyn]

Inhaler teaching:

- shake before using
- hold breath for 10 sec after each puff
- don't take at bedtime
- if it doesn't help after 3 doses call your HPC!



Wash mouth after every use!