

BRONCHIAL ASTHMA: A REVIEW OF SYMPTOMS AND EMERGENCY CONDUCTS

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INTRODUCTION

Bronchial asthma is a medical condition marked by chronic inflammation of the airways and variable restriction of expiratory flow, which can be partially or completely reversible, naturally or with the use of medication.

OBJECTIVE

To analyze the symptoms that indicate asthma and the essential emergency therapeutic approaches to effectively manage this clinical condition.

METHODOLOGY

This study is a systematic literature review, carried out in 2024. Trials, meta-analyses and systematic reviews published in the last 12 months, in the PubMed database, were selected and eligible. The terms “Asthma” AND “Treatment” AND “Symptom” were used.

RESULTS

A total of 38 studies were found, including 3 clinical trials, no meta-analysis and 5 systematic reviews. After analysis, it is concluded that the symptoms are characterized by shortness of breath, a feeling of tightness in the chest and wheezing when breathing. The cough, both dry and productive, is more evident at night. Bronchial reactivity increases

the sensitivity of the airways to allergens, irritants and exercise, which can lead to acute attacks that require urgent medical attention. For the treatment of asthma in acute crisis situations, emergency therapeutic interventions are essential. Prompt use of short-acting bronchodilators relieves airway constriction. Systemic corticosteroids help reduce inflammation, while oxygen therapy is administered to ensure adequate oxygenation. In extreme cases, epinephrine may be used to improve respiratory function. Continuous monitoring of vital signs is crucial, and hospitalization may be necessary in more serious situations. Having a personalized and fundamental action plan and seeking immediate medical assistance is crucial in the face of severe and persistent symptoms.

CONCLUSIONS

Therefore, bronchial asthma is a complex condition that requires a multifaceted approach for its effective management. The characteristic symptoms, such as shortness of breath, wheezing and coughing, may indicate an imminent crisis, requiring emergency therapeutic interventions, including bronchodilators, corticosteroids and oxygen therapy. Early recognition of signs of deterioration and prompt intervention are crucial to avoid serious complications and hospitalizations. A personalized action plan and the search for immediate medical assistance are essential to ensure adequate control of the condition and a better quality of life for asthmatic patients.

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