

Asthma Case 1

1. Jane is a 24 y/o G0 who presents to the Family Medicine Clinic for her pap smear. Her 1st pap was at age 21 and was wnl. She has no complaints today other than she feels her asthma has not been doing as well. She feels her asthma has been interfering with her job. She reports increased shortness of breath several times per week and several nights this past month she couldn't sleep because of her asthma. She reports increased use of her albuterol MDI once per day for the past 2 months. She does not have an asthma action plan.

PMHx: Asthma since age 7; no spirometry in AHLTA; Allergic rhinitis since age 7.

Meds: Albuterol MDI; Allegra.

Immunizations: No influenza this season; 2/3 HPV. Rest up to date.

PSurg Hx: None

Fam Hx: + for asthma and allergic rhinitis

Social: Her and her husband smoke ½ ppd tobacco x 5 years; 1 dog;

- a. Is this patient's asthma under control? What is this patient's ACT score?
- b. What medication would you prescribe for this patient in addition to her albuterol and Allegra? Justify your answer. (Hint: Classify this patient's asthma)
- c. The patient returns in one month. Her ACT score is now 18. What would you do now? Justify your answer.
- d. Any other tests, treatments or consults you would want? Why?

