

Importance and Strategies of Asthma Control in Children

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DESCRIPTION

Asthma is a chronic respiratory disease that affects millions of children worldwide. It causes the airways to become inflamed, making it difficult for children to breathe. Asthma control is essential in children to prevent symptoms, reduce exacerbations, and improve daily functioning. This article will discuss the importance of asthma control in children, common symptoms, and strategies for achieving and maintaining asthma control.

Asthma control is essential in children as uncontrolled asthma can lead to severe exacerbations, hospitalization, and even death. Children with uncontrolled asthma may experience frequent symptoms such as coughing, wheezing, chest tightness, and shortness of breath, which can affect their daily functioning, sleep, and quality of life. Uncontrolled asthma can also affect a child's academic performance, physical activity, and social relationships. Proper asthma control in children can significantly reduce symptoms, improve daily functioning, and prevent asthma exacerbations.

Common symptoms of asthma in children

Asthma symptoms in children can vary in frequency and severity, and it is essential for parents and caregivers to recognize and monitor symptoms to achieve asthma control. Common symptoms of asthma in children include:

1. Wheezing: A high-pitched whistling sound when breathing out
2. Coughing: A persistent cough, especially at night or early in the morning
3. Chest tightness: A feeling of tightness or pressure in the chest
4. Shortness of breath: Difficulty breathing or feeling out of breath
5. Rapid breathing: Breathing that is faster than usual
6. Fatigue or weakness: Feeling tired or weak due to difficulty breathing.

Strategies for achieving and maintaining asthma control in children

Medication: Inhaled Corticosteroids (ICS) are the most effective

medication for controlling asthma in children. They work by reducing inflammation in the airways, making it easier for children to breathe. Other medications, such as bronchodilators, leukotriene modifiers, and immunomodulators, may also be prescribed based on the child's symptoms and severity of asthma.

Asthma action plan: An asthma action plan is a written document that outlines the child's medications, symptoms, and steps to take in case of an asthma exacerbation. The plan should be developed in collaboration with the child's healthcare provider and reviewed regularly to ensure optimal asthma control.

Environmental control: Environmental triggers such as dust, mold, pollen, and pet dander can exacerbate asthma symptoms in children. Parents and caregivers should identify and reduce exposure to environmental triggers in the child's environment.

Regular follow-up: Regular follow-up with a healthcare provider is crucial in achieving and maintaining asthma control in children. Healthcare providers can monitor asthma symptoms, adjust medication dosages, and provide education and support to parents and children.

Asthma education: Asthma education is essential for parents and children to understand the disease, the importance of medication adherence, and strategies for achieving and maintaining asthma control. Asthma education should include the proper use of inhalers and spacers, recognition of symptoms, and steps to take in case of an asthma exacerbation.

Asthma control is crucial in children to prevent symptoms, reduce exacerbations, and improve daily functioning. Parents and caregivers play a crucial role in achieving and maintaining asthma control in children by monitoring symptoms, following an asthma action plan, reducing environmental triggers, regular follow-up with healthcare providers, and asthma education. Early identification and treatment of asthma in children are essential to achieve optimal asthma control and prevent long-term complications. With proper management, children with asthma can lead healthy and active lives.

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Received: 31-Jan-2023; **Manuscript No. PTCR-23-22229;** **Editor assigned:** 02-Feb-2023; **PreQC. No. PTCR-23-22229 (PQ);** **Reviewed:** 16-Feb-2023; **QC. No. PTCR-23-22229;** **Revised:** 23-Feb-2023; **Manuscript No. PTCR-23-22229 (R);** **Published:** 02-Mar-2023, DOI: 10.35841/2161-0665.23.13.496.

Citation: Bhandari V (2023) Importance and Strategies of Asthma Control in Children. *Pediatr Ther.* 13:496.

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