|  |  |
| --- | --- |
| **You should be able to** | Test |
| 1. Outline the cause and effects of Asthma | Q. 1,2&3 |
| 2. Use the peak flow meter and explain its usefulness in the management of Asthma | Q. 4 |
| 3. Manage both mild and severe asthmatic conditions by making an accurate assessment of the condition and using a protocol as appropriate.  | Q. 4 |
| 4. Understand how the guidelines are applied on the fitness of an asthmatic to work offshore, in particular their further exposure to precipitating factors | Q. 5 |

**Questions**

**Q. 1**

Which of the following are Sensitisers and which are irritants?

The first one has been completed for you.

|  |  |  |
| --- | --- | --- |
|  | **Sensitiser** | **Irritant** |
| **a. Cold Air** |  | **X** |
| **b. Paint containing isocyanates** |  |  |
| **c. Common cold** |  |  |
| **d. Aspirin** |  |  |
| **e. Dust from Bedding** |  |  |

**Q. 2**

What parts of the respiratory tract are disordered by asthma?

**Q. 3**

What are the main clinical features of asthma?

**Q. 4**

You are about to test the peak flow of an asthma patient. What three instructions would you give to enable them to perform the test correctly?

**Q. 5**

Give your appreciation of the nature of asthma as a condition, and then give three reasons why you would think it might be unwise for an asthmatic to work Offshore?

**Answers**

**Q. 1**

Answer:

|  |  |  |
| --- | --- | --- |
|  | **Sensitiser** | **Irritant** |
| **a. Cold Air** |  | **X** |
| **b. Paint containing isocyanates** | **X** |  |
| **c. Common cold** |  | **X** |
| **d. Aspirin** | **X** |  |
| **e. Dust from Bedding** | **X** |  |

**Q.2**

*What parts of the respiratory tract are disordered by asthma?*

Answer:

* The smooth muscle in the wall of the airways
* The mucous lining of the airways
* The mucus producing cells

**Q. 3**

*What are the main clinical features of asthma?*

**Q. 4**

*You are about to test the peak flow of an asthmatic patient, what three instructions would you give to enable them to perform the test?*

Answer:

* Inhale deeply
* Seal the lips around the mouthpiece
* Exhale as fast as possible
* Keep fingers away from the moving pointer to avoid a re test

**Q.5**

*Give your appreciation of the nature of Asthma as a condition, then give three reasons why you would think it might be unwise for an asthmatic to work Offshore?*

Answer:

* Unpredictable nature of condition
* Presence of occupationally related sensitizing agent/agents
* Possibility of Medevac being made impossible by adverse weather conditions