

兒童氣喘

Child asthma

一、何謂氣喘：

First, What is asthma?

氣喘是呼吸道的慢性炎症性疾病，接觸到誘發因子時會導致氣道過度反應，引起喘鳴、呼吸困難、胸悶、咳嗽。尤其是在夜晚或清晨，常常突然發作，而且反覆產生；有時可能會自然消失，但大多需藥物治療才能緩解。

Asthma is a chronic inflammatory disease of the respiratory tract. Exposure to evaporative factor can lead to overreaction in airway, wheezing, difficulty breathing, chest tightness, coughing. Sudden asthma attack and repeatedly attacks are likely to happen at night or early morning; The attacks sometimes may naturally disappear itself, but most of them needs drug treatments to help relieve it.

二、引發氣喘的可能因素：

Second, The possible causes of asthma:

1.過敏體質。

Allergies

2.環境促發因子：塵蟎（台灣地區氣喘的主因）動物（如貓、狗）的皮毛（或皮屑）、羽毛、氣溫急速變化、污染的空氣（或二手菸）、黴菌、花粉、昆蟲（如蟑螂）、刺激性化學物品或殺蟲劑等。而抽菸會增加氣道的阻力與反應，黏膜通透性增加，有利於過敏原或刺激物進入。

Environmental factors: Dust mite (Main causes of asthma in Taiwan area) animal skin & hair or skin dander (like cats, dogs), feathers, rapid changes in temperature, contaminated air (or secondhand smoke), molds, flowers pollen, insects (such as cockroaches), irritating chemicals products or pesticides. And smoking will increase the resistance and reactions in airways, mucosal permeability increased, that's all beneficial for allergens or stimulants to enter.

3.食物：以牛奶、蛋白、花生、芒果、魚、蝦、蚌殼類海鮮等最常見。

Food: The most common found in milk, proteins, peanuts, mango, fish, shrimp, clam shell seafood etc.

4.情緒激動或劇烈運動。

Emotional arousal or Strenuous exercise.

5.藥物：約有 10%的病童使用水楊酸（aspirin）會引起氣喘發作。

Drugs: About 10% of the sick children use salicylic acid (aspirin) can lead to asthma attack.

6.感冒、支氣管炎等都可引起呼吸道發炎而誘發過敏反應。

6. Influenza, Bronchitis, etc. can cause respiratory inflammation and call out allergic reactions

三、症狀： 1.呼吸困難。 2.喘鳴。 3.胸悶。 4.咳嗽。

Third, The symptoms: 1. Difficulty breathing. 2. Wheezing 3. Chest Tightness 4.Cough

四、居家照護注意事項：

Fourth, Notice of Home Care :

1.保持室內 24~28℃、濕度 55~65%，可使用高效能除濕機或冷氣機來降低室內濕度。

1. Keep the temperature indoor 24 ~ 28 °C , humidity level 55 ~ 65%, you can use high-performance dehumidifier or air conditioner to reduce indoor humidity.

2.對塵蟎過敏者避免絨毛娃娃、布娃娃、布填充玩具及勿使用填充家具，如彈簧床、布沙發、草蓆、榻榻米等，可使用防蟎套將彈簧床及枕頭包起來。可用化學合成的太空被、防蟎被、蠶絲被來取代毛毯、浴巾、羽絨枕頭及鴨絨被；床單、被套、枕頭套最好每週以 55℃的熱水或烘乾機先處理寢具十分鐘，再以清水洗滌乾淨。

2. For dust mite allergies need to avoid the fluffy dolls, ragdoll, fabric filled toys and don't use filled furniture, such as spring bed, fabric sofas, mats, tatami, etc., can use anti-mite bed sets to wrap up spring bed and pillow. Can be replaced by chemical synthesis of bed cover, anti-mite blanket, silk blanket replaced woolen blankets, bath towels, feather pillows and eiderdown quilt; bed sheets, quilt, pillowcases are best to be washed with 55 °C hot water weekly or use dryer machine to dry beddings first for 10 minutes then washed them cleanly with clean water.

3.裝潢盡量簡單、易整理，最好使用塑膠、木頭、可捲起及易清洗的材質或百葉窗。避免使用地毯及棉質窗簾。屋頂及窗戶要做好防水，潮濕的家具要烘乾或丟棄，以免滋長黴菌及蟑螂。

3. Decoration as simple as possible, easy to be organized, the best is using plastics, woods materials, can be rolled up and easy to be cleaned material or blinds curtains. Avoid using carpets and cotton curtains. Roof and windows best use waterproof materials, For wet furniture need to be dried or discarded to avoid molds growing and cockroaches.

4.不飼養寵物，若已飼養要經常清洗。

4. Do not raise a pet, If you have pets then you have to do regularly cleaning.

5. 氣管呈高過敏狀態時須暫時限制攝取冰冷食物。
5. Trachea is in hypoallergenic state then need to temporarily forbid the intake of cold food & drinks.
6. 避免接觸刺激性味道，如：二手菸、蚊香、香水、殺蟲劑、除臭劑、樟腦丸、油漆。
6. **Avoid contact with stimulating strong smells**, such as: secondhand smoke, mosquito coils, perfume, pesticides, deodorants, mothballs, paint.
7. 呼吸道感染流行期間應儘量減少出入公共場所，適時戴口罩，注意身體保暖，減少溫差對呼吸道黏膜的刺激。
7. Respiratory tract infection during the epidemic period should **reduce go in and out to public places, always wear masks**, always keep body warm, lessen the temperature difference that will cause the respiratory mucosa irritation.
8. 適當運動：氣喘學童安全且快樂地運動，有助於其健康成長及發展。最重要的觀念是，氣喘兒童並不需要限制運動，如沒有感冒、感染、身心過度疲勞及情緒壓力狀況下，可選擇「間歇性休息」的運動，如體操、慢跑、跳繩、游泳等。但寒流來襲、空氣過於乾冷，氣喘學童均暫時不適合運動。在運動前中後適度的準備，可以避免運動誘發型氣喘。運動前熱身及伸展運動，給予預防性藥物：短效型 vs 長效型支氣管擴張劑。萬一於運動中發作，馬上給於短效型支氣管擴張劑 2 至 4 下，需要時可 15-20 分鐘一次，共三次。若無顯著改善，需要緊急送醫。
8. **Appropriate exercise**: asthma children safe and happy doing exercise, it will contribute to their healthy growth and development. The most important point is that not need to limit asthma children to do their exercise, If they don't have influenza, infection, physical and mental fatigue and emotional stress conditions, You can choose "intermittent rest" exercise, such as gymnastics, jogging, skipping, swimming and etc. But when the cold weather comings, the air is too dry and cold, asthma children need to temporarily stop doing exercise. Do appropriate preparation before, while, after exercise, it can avoid exercise-induced asthma. Pre-exercise warm-up and stretching exercises, give preventive drugs: Short-acting vs long-acting bronchodilator. In case of asthma attack comes when exercising, immediately give him or her short-acting bronchodilator 2 to 4, when needed 15-20 minutes once, total is three times. If there is no significant improvement in his or her condition, then need to be rushed to hospital.

五、何時需緊急送醫處置：

Five, Timing to be rushed to hospital:

※嘴唇或指甲發紫、發黑。

Lips or nails turned purple, black.

※意識模糊或嗜睡。

Consciousness or drowsiness.

※呼吸困難，或走路、說話有困難。

Breathing difficulties, or walking, difficulties to talk.

※使用支氣管擴張劑後症狀仍無改善或惡化。


Symptoms of bronchodilators did not improve or worsen.

參考資料 Reference information

黃美智、蔣立琦總校訂(2018) · 兒科護理學(6版) · 台北：永大。

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉 40 病房分機 4001、4002

If you need further information about matters above, Please call telephone :05-2756000 turn
40 ward extension 4001,4002

 天主教中華聖母修女會醫療財團法人天主教聖馬爾定醫院 關心您

ST.Martin De Porres Hospital concern about you

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