

# Is it severe asthma?

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# Adolescents with asthma

- Lack of recognition, denial, or under-reporting
  - Poor adherence with medication
  - Increased risk of death
  - Smoking and vaping
  - Other risk-taking behaviours
- Psychosocial stressors
  - Increased responsibility for own health
  - Misdiagnosis
  - Overtreatment



# Things to consider

- Exercise
- Weight
- Sleep
- Pubertal effects
- Allergies
- Environmental exposures
- Anxiety and depression
- Substance use
- Adherence
- Psychosocial factors (HEEADSSS)
- Impact on school/work
- Cultural perspectives



# What else could it be?

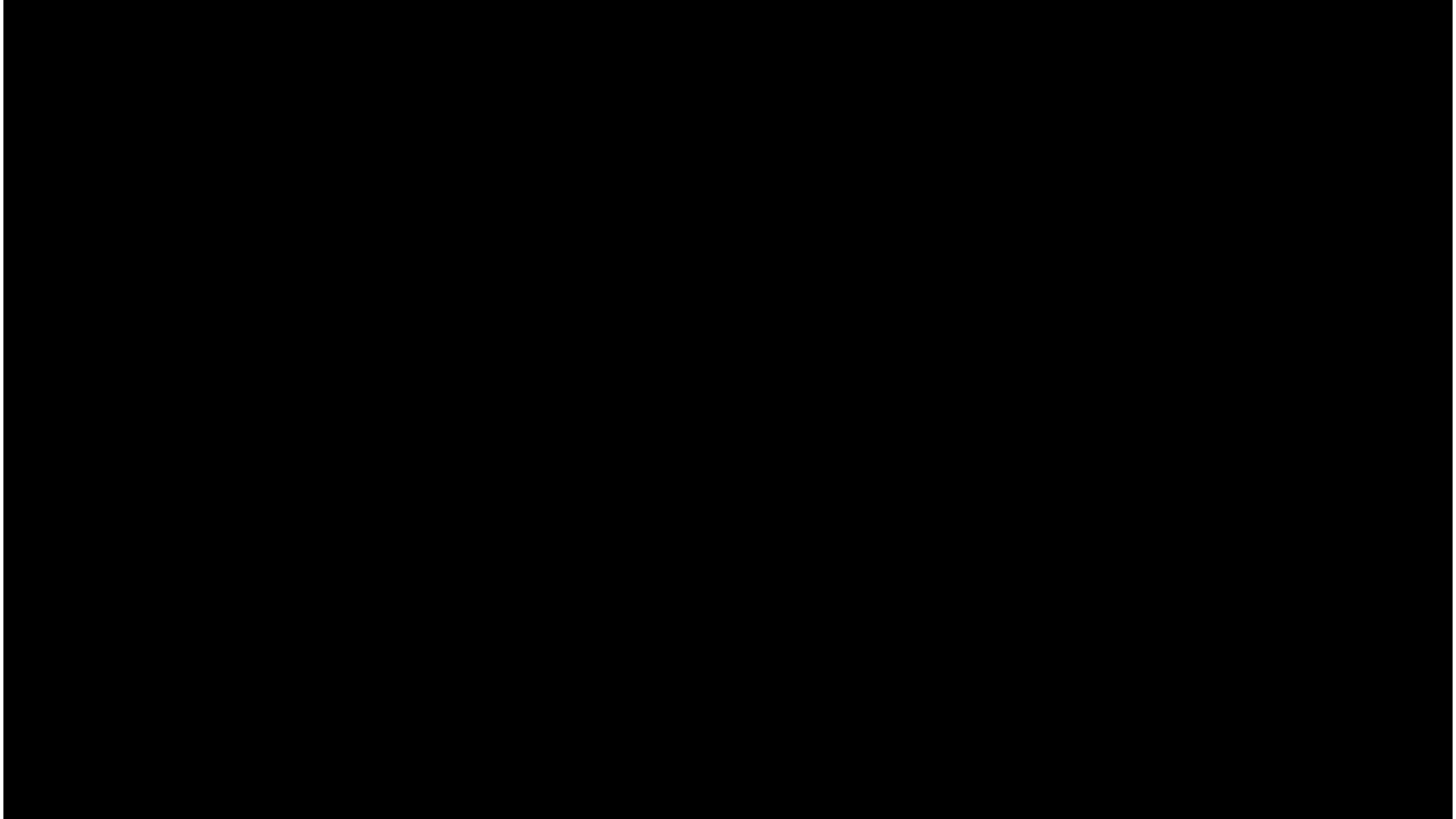
- Exercise-induced symptoms
- Predominantly dyspnoea
- Predominantly cough

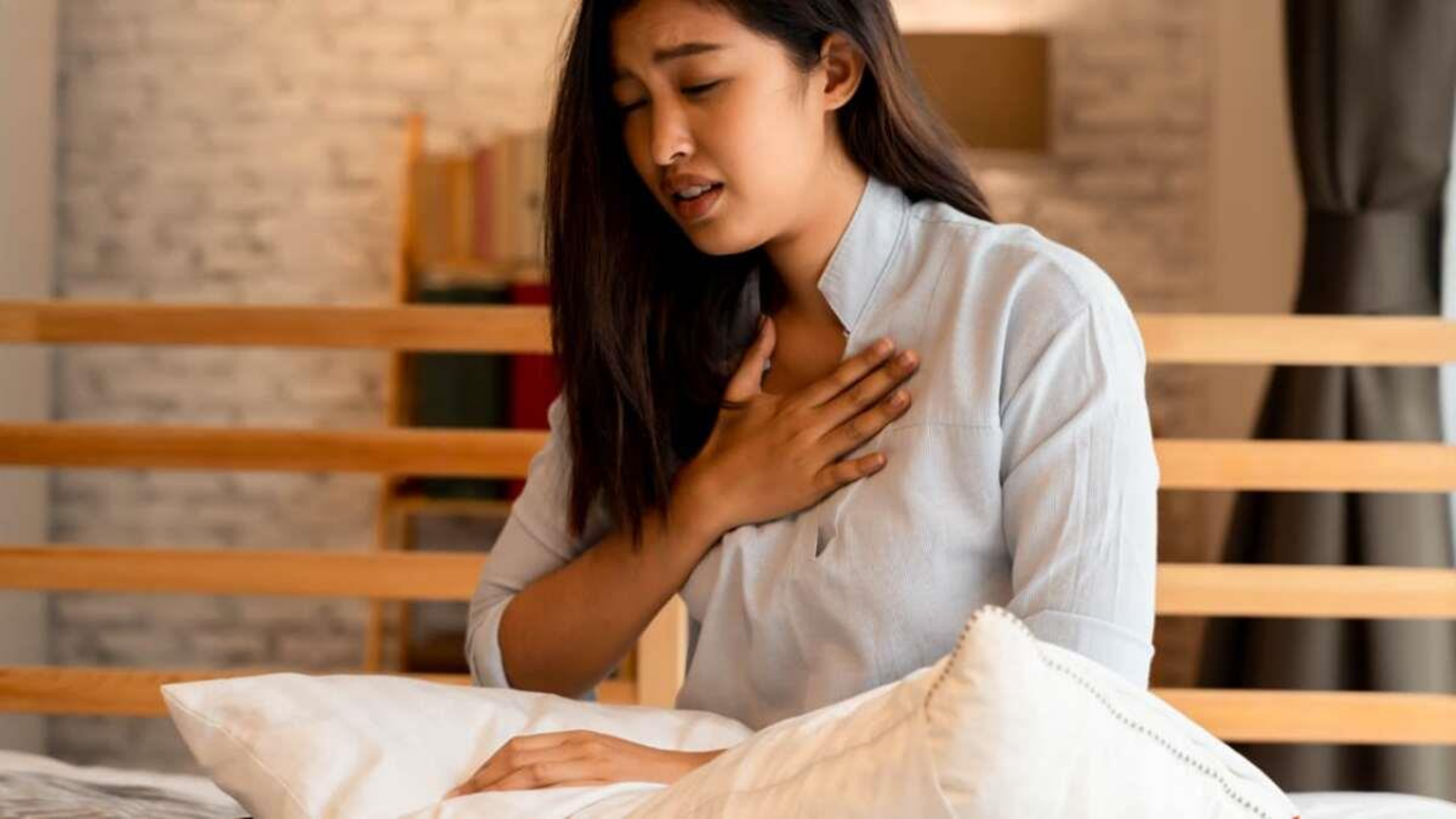




# Exercise-induced symptoms

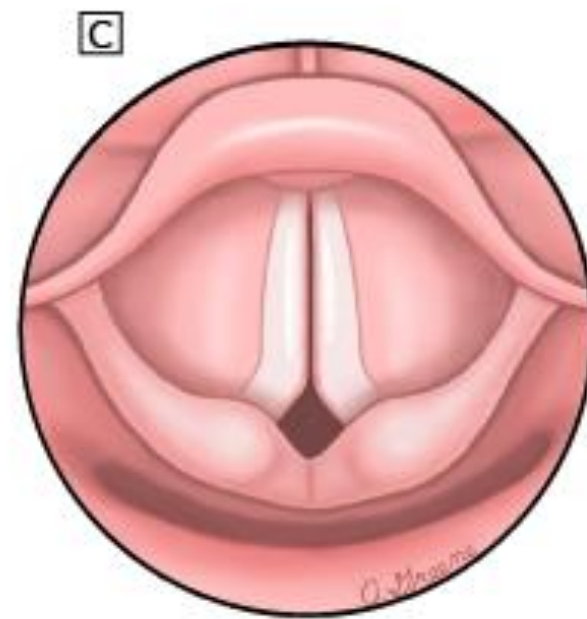
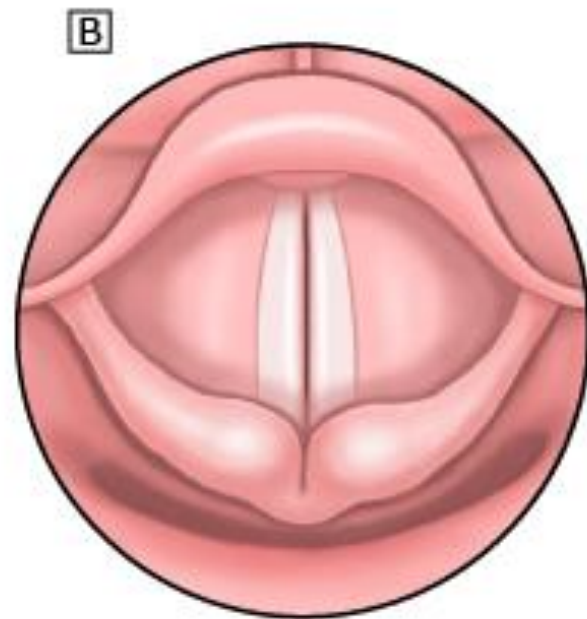
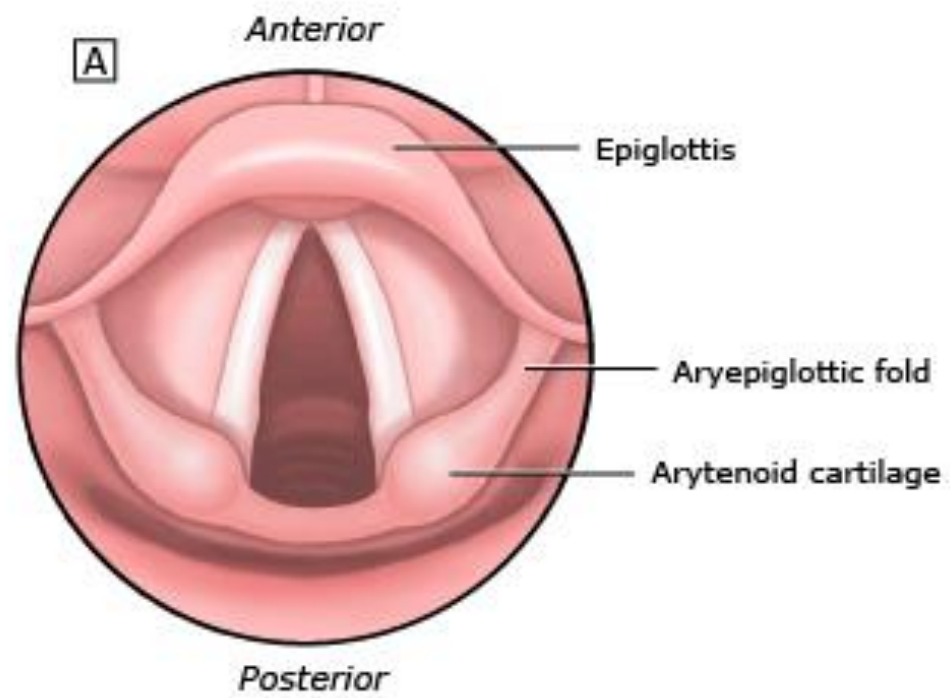
- Exercise-induced bronchoconstriction (i.e. asthma)
- Exercise-induced laryngeal obstruction (EILO)
- Poor cardiopulmonary fitness

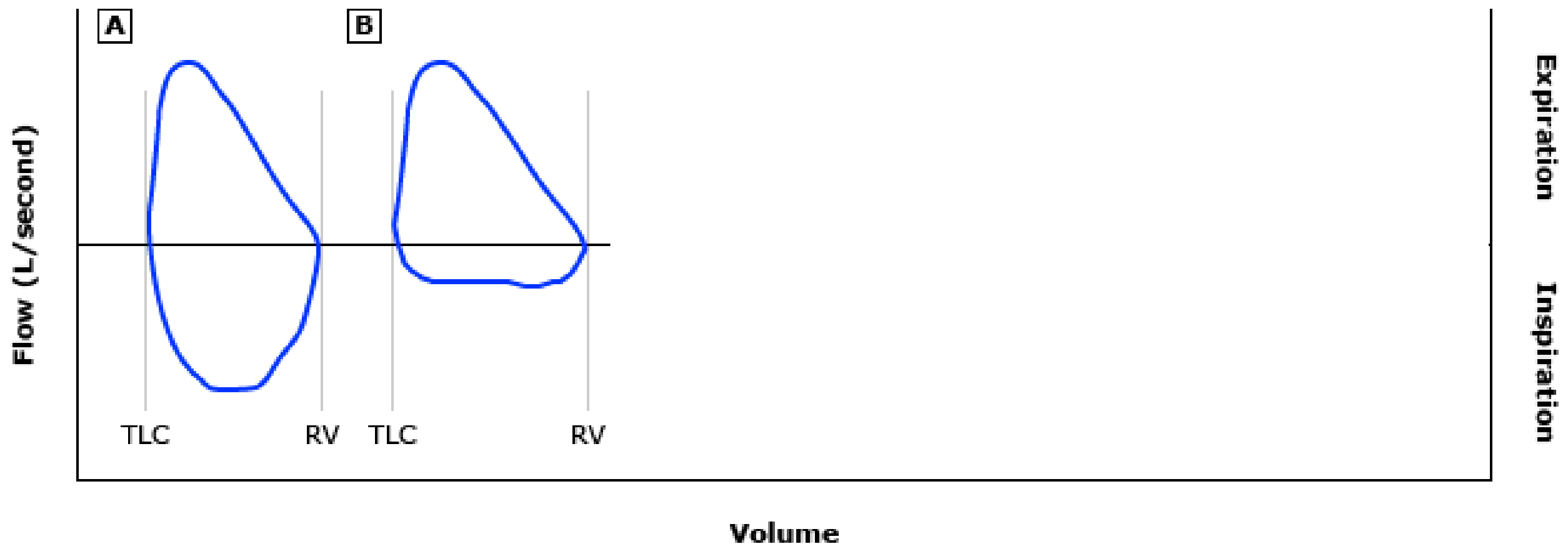




# Predominantly dyspnoea

- Inducible laryngeal obstruction (ILO)
- Anxiety/panic disorder







# Predominantly cough

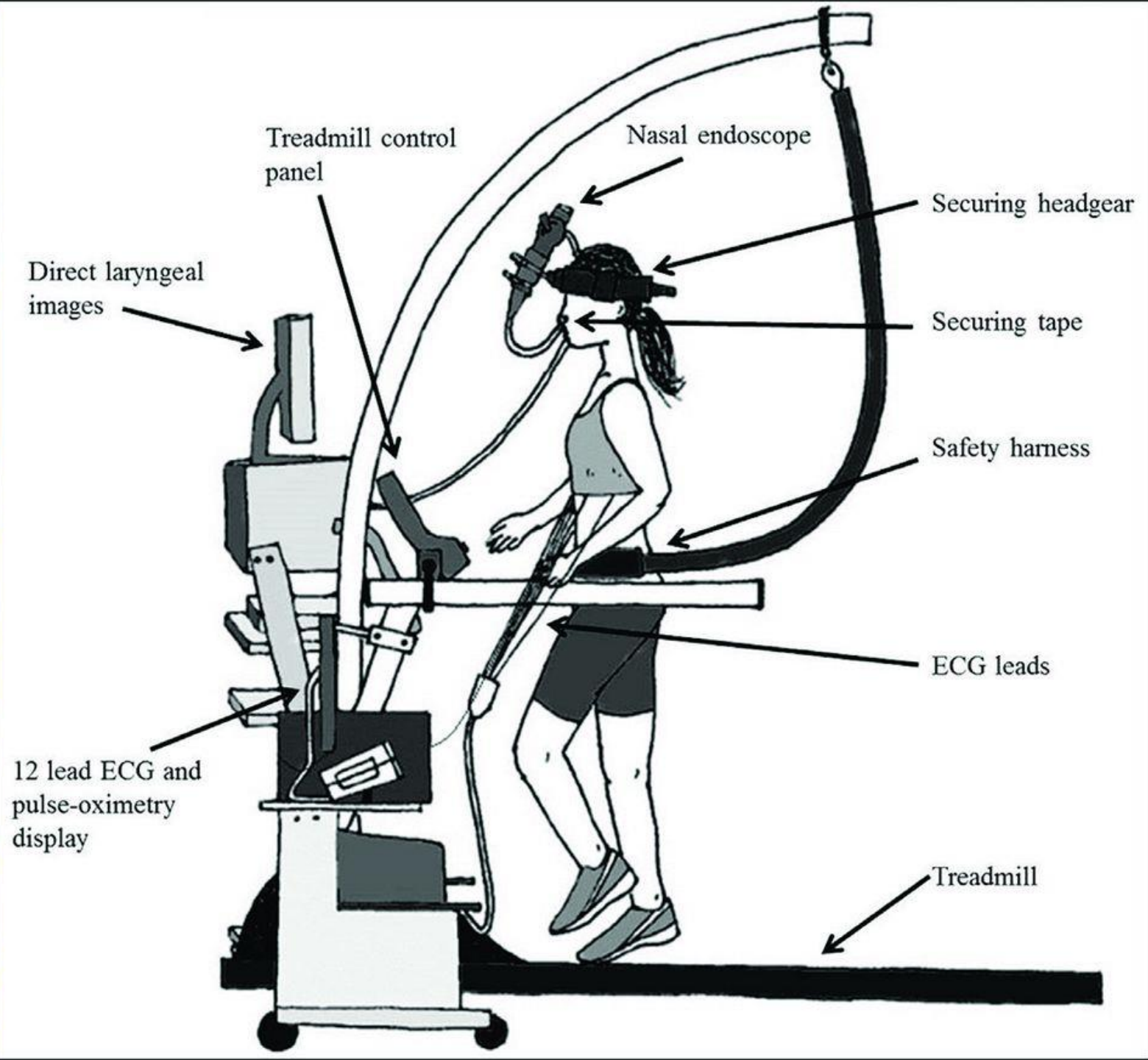
- Various cause of chronic cough
- Somatic cough disorder (psychogenic or habit cough)

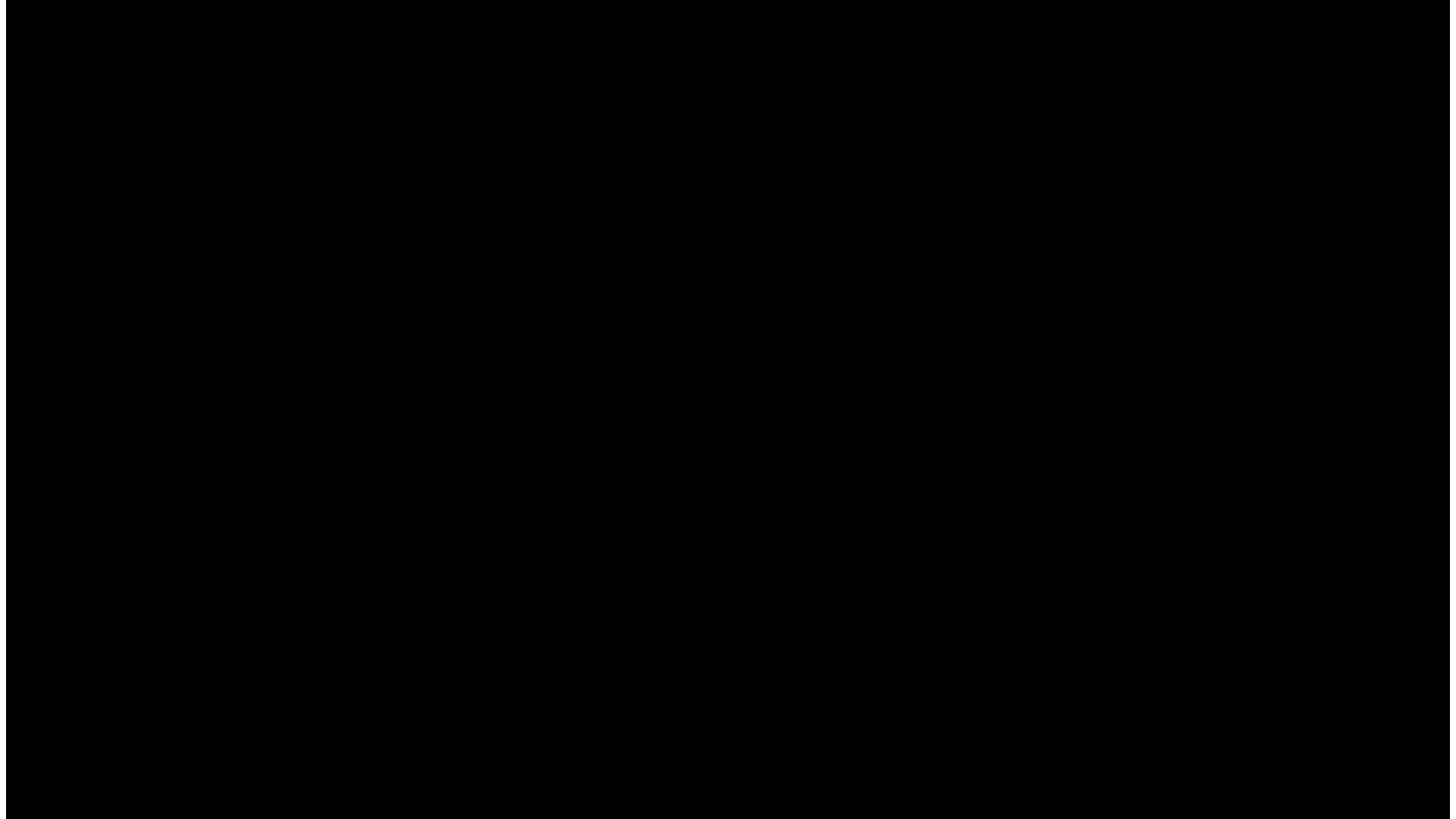




# Diagnostic approach

- Lung function tests
  - FeNO
  - Allergy testing
  - Bronchial provocation test
  - Exercise test
- 
- Flexible laryngoscopy when symptomatic
  - Continuous laryngoscopy during exercise
  - Consider imaging (CXR, CT)







# Is it severe asthma?

- If yes, have you considered the red flags?
- If you're not sure, investigate further



## Session 4 – Wheezy Teens

### Relevant HealthPathways

- Central Coast HealthPathways website – <https://centralcoast.communityhealthpathways.org/>  
Username: centralcoast Password: 1connect
- [Asthma in Children](#) section
  - [Acute Asthma in Children](#) pathway
  - [Non-acute Asthma in Children](#) pathway
  - [Inhalers and Techniques](#) pathway
- Allergic Rhinitis and Nasal Obstruction in Children pathway
- [Urgent Paediatric Assessment](#) referral page
- [Non-urgent Paediatric Assessment](#) referral page
- [Paediatric Medical Advice](#) referral page
- [Non-urgent Immunology and Allergy Assessment](#) referral page
- [Asthma in Adults](#) section
  - [Asthma in Adults – Acute](#) pathway
  - [Non-acute Asthma in Adults](#) pathway
    - [Asthma Cycle of Care](#) pathway
    - [Inhaled Corticosteroids \(ICS\)](#) pathway
    - [Combination ICS / LABA Therapy](#) pathway
    - [Inhalers and Techniques](#) pathway