



## Guidelines for Pediatric Asthma Care

### 小兒氣喘照護注意事項(英文)

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#### Introduction

Asthma in Chinese medicine is also known as flare-up that is a type of chronic respiratory tract disease. The respiratory tract shows excess allergy, chronic inflammation and respiratory tract stenosis, while the symptoms include repeated coughing, wheezing (noisy breathing), chest tightness, and obstructed breathing. Children mostly exhibit repeated and incurable cough that is particularly serious at night or in the morning.

Asthma mostly is triggered by contact with allergen and the most common inhaling allergens in Taiwan includes dust, dust mite, cockroaches, fungus, and pets' fur, intense emotion, exercise, big change in temperature, and even cold could induce asthma.

#### Daily Care Guide

1. Avoid contact with allergens such as dust mites, animal skin, cockroach, fungus, pollen, carpet, and furry toys.
2. Pay attention to home environment:
  - (1) Avoid the use of carpet, feather utilities or flurry toys. Choose artificial fiber to replace cotton and blinds to replace curtain.
  - (2) Use 55 °C of hot water to wash the pillow, blanket and sheets which the children have access every week.
  - (3) Keep air circulated at home and use filter for the outlet of air conditioner and heater with routine replacement.

- (4) Use dehumidifier to control the humidity under 50% which will inhibit the breeding of dust mites and fungus.
3. Those allergic to pollen should reduce the likelihood of contacting pollen and do not plant flower or have flower arrangement at home.
  4. Avoid using substance containing stimulating smell such as mosquito-repelling incense, paint, perfume, mothballs, and pesticides.
  5. Avoid secondhand smoke. Put on mask in case of severe air pollution and cut down the time for engaging in outdoor activities.
  6. Keep the body warm in seasons with greater change in temperature in order to reduce stimulation on the respiratory tract.

## **Diet Care**

1. Do not eat cold food or refrigerated drinks.
2. Patients with complication in atopic dermatitis shall avoid the intake of allergic food such as fish, shrimp and seafood.
3. Avoid eating cold food such as watermelon, melon, cantaloupe, pear, grapefruit, pomelo, coconut, tangerine, kiwi, lemon, grape, turnip, tomato, eggplant, cucumber, white gourd, bitter gourd, Chinese cabbage, and mung bean.
4. Avoid greasy, spicy and stimulating food.
5. Less salt. Medical studies reveal that high-sodium diet will increase the reaction of bronchus.
6. Adopt balanced diet with fixed hours and amount daily.

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