Asthma in Children: Mnemonics

I thought I’d send you a couple of asthma mnemonics I created and found really helpful. I was lucky enough to have asthma come up in my clinical exam and scribbled these notes down in 30 seconds, which meant that I could easily structure my history.

CAUSES of an asthma attack:

C  Cold air
A  Allergens/Atopy
U  Upper respiratory tract infections
S  Smoking
E  Exercise
S  Stress/excitement

Important history points, which I remembered as how asthma HINDERS that persons life.

For a paediatric history I also remembered it as 'HINDERS growth' so I would remember to ask about growth:

H  Hospital/ITU admissions
I  Interference - school/work/exercise/sleep
N  Nocturnal/morning cough
D  Drugs - what and how often
E  Eczema/hayfever/allergens
R  Records - PEFR diary and who sees this/manages their asthma
S  Symptoms - wheeze/breathlessness etc