

MEDICAL REPORT – ASTHMA

Patient Information

Patient Name: John
Age / Gender: 21 Years / Male
Patient ID: ASTH-2026-014
Date of Examination: 12 January 2026
Consulting Physician: Dr. S. Mahesh, MD (Pulmonology)
Hospital / Clinic Name: City Care Multispeciality Hospital

Chief Complaint

The patient reports recurrent episodes of shortness of breath, wheezing, chest tightness, and cough, particularly during night hours and early mornings.

Medical History

The patient has a known history of episodic breathing difficulty for the past 3 years. Symptoms are aggravated by exposure to dust, cold air, and respiratory infections. There is a positive family history of allergic conditions. The patient is a non-smoker.

Clinical Examination

Respiratory Rate: 22 breaths/min
Oxygen Saturation (SpO₂): 96%
Chest Examination: Bilateral expiratory wheeze present
Use of Accessory Muscles: Absent

Investigations

Spirometry shows reduced FEV₁ with significant improvement after bronchodilator administration. Peak Expiratory Flow Rate (PEFR): 350 L/min. Chest X-ray reveals mild hyperinflation. Allergy testing positive for dust mites.

Diagnosis

Bronchial Asthma – Moderate Persistent

Treatment Plan

Short-acting bronchodilator inhaler as needed. Inhaled corticosteroids prescribed for daily use. Leukotriene receptor antagonist advised at night.

Patient Advice

Avoid exposure to known allergens and dust. Use inhaler with correct technique. Maintain regular follow-ups and adhere to medication schedule.

Prognosis

With proper medication adherence and trigger avoidance, the patient's asthma is expected to remain well controlled.

Doctor's Signature: _____

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