Hi Eludire.

Your post is informative.  Asthma symptoms sometimes act up when you’re around dogs or cats ,Pet dander may be one of the triggers ,asthma in children of 6 years of age and older whose asthma symptoms are not well controlled with asthma medicines called inhaled corticosteroids. A skin or blood test is performed to see if you have allergies to year-round allergens. Signs and symptoms of asthma includes wheezing and coughing, chest tightness ,shortness of breath, waking up during the night, which requires rescue medications.

Regards to evidence based practice, nurses would highlight the relevant information of specific cardiovascular and pulmonary and guide patients through their disease management plans, including medications, diet, exercise and follow-up. With readily available technology, it is conceivable that such an individual approach could also allow for monitoring of basic parameters, including heart rate, blood pressure, smoking status, alcohol intake and exercise. Reduces hospital admissions, strengthens adherence to medications, improves knowledge of risk factors, decreases depression and anxiety, and enhances quality of life .