

TABLE 13-10**Goals and Monitoring of Asthma Therapy**

Goal of Therapy	Monitoring Parameters
Control of symptoms	Wheezes 1-2 times/week; symptoms resolve within several minutes after bronchodilator
Normal pulmonary function	>80% personal best PEFR consistently every day; <20% variation of morning to evening PEFR readings
Normal activity levels	Few missed school/work days; able to do desired activities (playground, activities of daily living, etc.)
Prevent recurrent episodes of asthma (minimize the need for urgent care visits)	No hospitalizations or emergency department visits; regular follow-ups for asthma
Prevent adverse effects	No increased heart rate, insomnia, palpitations, nervousness, anxiety
Meet expectations of asthma care	Achieve patient's goals (e.g., desired activities): participates in care; comfortable asking questions; confident in dealing with symptoms and triggers