their primary medical provider to assess the adequacy of their self-care plan (Table 13-10). Patients with asthma-like symptoms who are not candidates for self-care should be referred to their health care practitioners (Figure 13-1).

Key Points for Asthma

- Candidates for self-care of asthma are few. Those with concurrent diseases, without a prior diagnosis of asthma, or persistent asthma should be referred (Figure 13-1).
- Nonprescription medications should be used for mild intermittent symptoms or episodes lasting less than 2 days.

References