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什麼是氣喘

是慢性呼吸道發炎導致呼吸氣流阻塞，反覆發生症狀，嚴重程度因人而異，甚至因時而異。

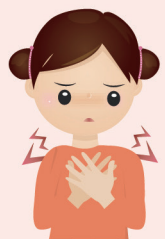
氣喘症狀



呼吸困難、
呼吸喘



咳嗽



胸悶



喘鳴聲

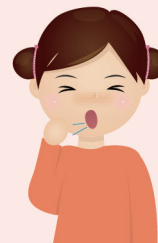
What is Asthma

Asthma is a chronic inflammatory condition of the airways that causes airflow obstruction and recurrent respiratory symptoms. The severity varies among individuals and may change over time.

Symptoms of Asthma



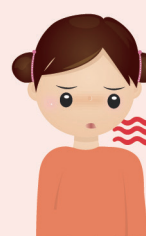
Dyspnea (difficulty
breathing) 、
Shortness of breath



Cough

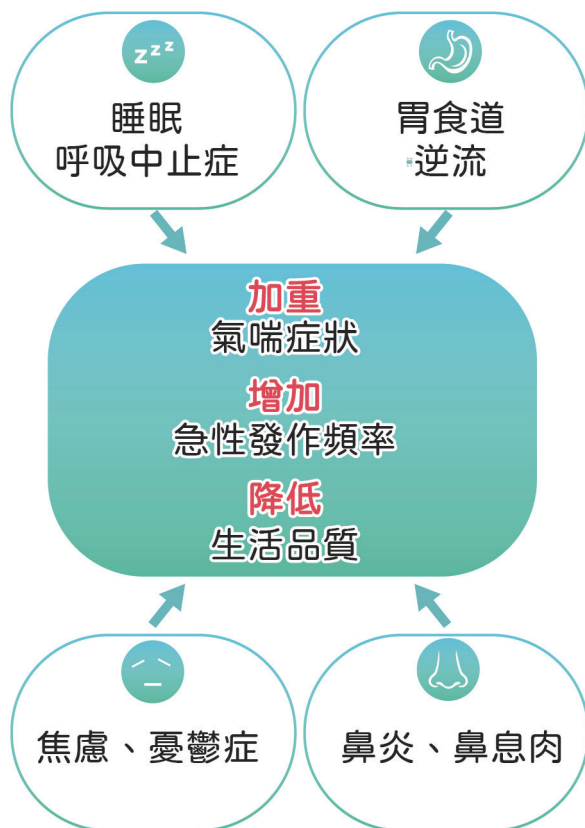


Chest tightness

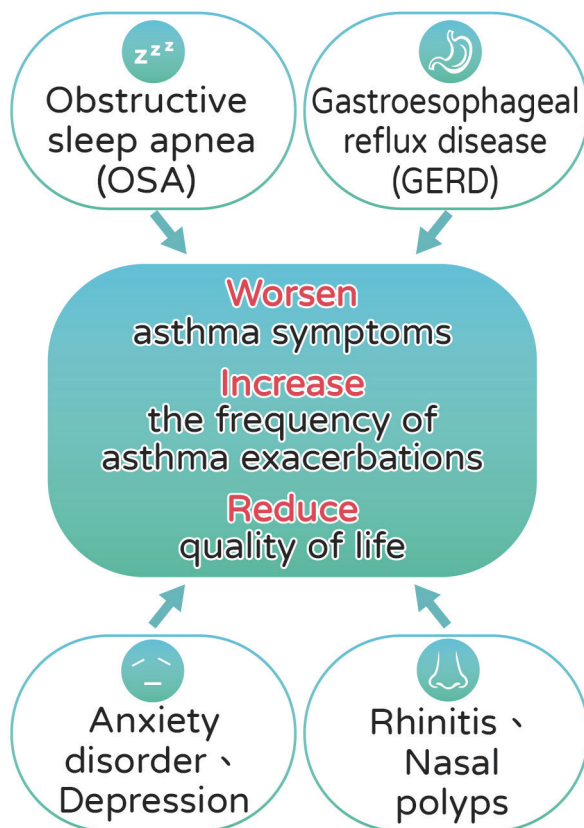


Wheezing

常見共存疾病



Common Comorbidities



治療與照護計畫

藥物治療與照護

遵照醫囑每天使用氣管擴張劑及吸入型類固醇。

吸藥後漱口吐出，避免產生口腔白色念珠菌感染、咽炎及聲音沙啞。



Treatment and Care Plan

Medication treatment and care

Adhere to your doctor's instructions to use bronchodilators and inhaled corticosteroids as prescribed.

After using inhaled medication, rinse your mouth and spit out the water thoroughly to help prevent oral candidiasis (oral thrush), pharyngitis (throat irritation), and hoarseness.



避免誘發因子刺激

維持居家環境清潔
環境通風
濕度宜維持60%以下



避免過敏原:貓狗有
毛寵物、蟑螂、蟎
、黴菌及灰塵。



避免病毒感染



戒菸



天氣變化注意保暖



Avoid Triggering Factors

Maintain a clean and
well-ventilated home
environment. Indoor
humidity should be
kept below 60%.



Avoid allergens such as
furred pets (cats and
dogs), cockroaches,
dust mites, molds, and
dust.



Avoid respiratory viral
infections.



Quit smoking



Stay warm when the
weather changes.



氣喘個人行動計畫

1. 紀錄氣喘症狀 
2. 監測尖峰呼氣流速
3. 控制型(保養用)吸入劑調整
4. 急性惡化處理方式
5. 定期回診日期
6. 疫苗注射

Asthma Action Plan

1. Self-monitor asthma 
2. Use a peak flow meter to monitor lung function (Peak Expiratory Flow)
3. Adjust controller inhaler medication as directed
4. Know how to manage worsening symptoms
5. Attend scheduled follow-up visits
6. Receive recommended vaccinations

氣喘發作怎麼辦

- 1 先使用氣喘緩解型
(急救用) 吸入劑：
氣喘症狀變差時。



- 2 提早回門診就醫：
氣喘急救藥用量
變多。



- 3 緊急時至急診：
當呼吸急促、說
話困難、嘴唇或
指甲藍黑色。



What to Do During an Asthma Attack

- 1 Use reliever inhaler medication when asthma symptoms worsen.



- 2 See your doctor earlier if you are using your reliever inhaler more frequently.



- 3 Go directly to the emergency department if severe symptoms occur. Symptoms include severe breathing difficulty, unable to complete sentences, or bluish lips or fingernails



氣喘自我評估
(氣喘控制試驗，適用於12歲以上)

得分

- ☐ 1. 在過去四週中，氣喘會讓您無法完成一般工作、課業或家事嗎？
①總是 ②經常 ③有時 ④很少 ⑤不會
- ☐ 2. 在過去四週中，您多常發生呼吸急促之情形？ ①一天超過1次 ②一天1次 ③一週3-6次 ④一週1或2次 ⑤完全沒發生
- ☐ 3. 在過去四週中，您多常因氣喘症狀而半夜醒來或提早醒來？ ①一週4次以上 ②一週2-3次 ③一週1次 ④1或2次 ⑤完全沒發生
- ☐ 4. 在過去四週中，您多常使用急救性藥或噴霧性藥物？ ①一天3次以上 ②一天1或2次 ③一週2-3次 ④一週1次或更少 ⑤完全沒使用
- ☐ 5. 在過去四週中，您對您氣喘控制程度的評價為何？ ①沒有控制 ②控制不好 ③稍微受到控制 ④控制良好 ⑤完全受控制
- ☐ 總分 25:全面控制；20-24:控制良好；
19分以下：未受良好控制

Asthma Control Test ,ACT
(Suitable for ages 12 and above)

- ☐ 1. In the past 4 weeks, how much of the time did your asthma keep you from getting as much done at work, school, or home? ①All of the time ②Most of the time ③Some of the time ④A little of the time ⑤None of the time
- ☐ 2. During the past 4 weeks, how often have you had shortness of breath? ①More than once a day ②Once a day ③3-6 times a week ④Once or twice a week ⑤Not at all
- ☐ 3. During the past 4 weeks, how often did asthma symptoms wake you up at night? ①4 or more nights a week ②2-3 nights a week ③Once a week ④Once or twice ⑤Not at all
- ☐ 4. During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication? ①3 or more times a day ②1-2 times a day ③2-3 times a week ④Once a week or less ⑤Not at all
- ☐ 5. How would you rate your asthma control during the past 4 weeks? ①Not controlled at all ②Poorly controlled ③Somewhat controlled ④Well controlled ⑤Completely controlled
- ☐ Score interpretation: 25 points: Completely controlled、20-24 points: Well controlled、
Below 19 points: Poorly controlled



問與答

問 我已經沒有氣喘症狀還要繼續用藥嗎？

答 氣喘是呼吸道慢性發炎疾病，沒症狀不代表好了，支氣管還有看不到的發炎現象，因此需遵從醫囑規則用藥。

問 吸入性類固醇長期使用，對身體會有不好的影響嗎？

答 吸入型類固醇直接作用在肺部呼吸道，副作用比口服少，可有效控制症狀及降低惡化機率，需注意有無口腔內白色念珠菌感染。

Question:

Do I still need to take medication if I no longer have asthma symptoms?

Answer:

Asthma is a chronic inflammatory airway disease. Even if symptoms are not present, airway inflammation may still exist. Therefore, medications should be taken regularly as prescribed by your healthcare provider.

Question:

Will long-term use of inhaled corticosteroids cause harmful effects?

Answer:

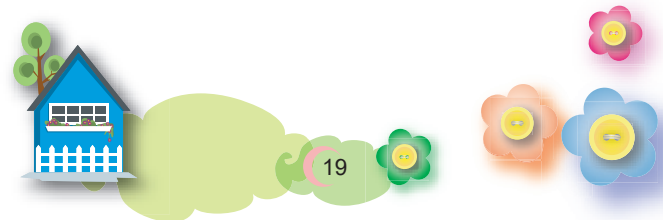
Inhaled corticosteroids act directly on the airways in the lungs and generally have fewer systemic side effects than oral steroids. They are effective in controlling asthma symptoms and reducing the risk of exacerbations. Patients should monitor for signs of oral candidiasis (oral thrush).





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佛教慈濟醫療財團法人

大林慈濟醫院

Dalin Tzu Chi Hospital,
Buddhist Tzu Chi Medical Foundation

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

認識氣喘

Introduction to
Asthma

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中英文