

Categorizing SEVERITY of ACUTE EXACERBATIONS of asthma

Signs and symptoms; patients of ALL AGES	MILD	MODERATE	SEVERE
Breathlessness	Walking (less active)	Talking (soft cry, poor feeding)	At rest (stops feeding)
Position	Can lie down	Prefers sitting	Sits upright
Talks in...	Sentences	Phrases	Words
Respiratory rate	Increased 20%	Increased 40%	Increased >40%
Other symptoms	None or nasal flaring	1 site of accessory muscle use	2 or more sites of accessory muscle use
Wheeze	Moderate, expiratory	Loud, throughout exhalation	Loud, inhalation and exhalation
Heart rate	Increased 10%	Increased 20%	Increased >20%
Peak flow (age >5 years)	>80%	50-80%	<50%
Sp O2 on room air (5000 ft)	>88%	>88%	<88%