

Asthma and Mental Illness

Overview

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Asthma and Mental Illness

Important Points for Case Managers:

- The case manager taking care of any consumer with asthma needs to assure if such a consumer is experiencing asthmatic symptoms more than twice a week, then such a consumer should also be taking an inhaled cortico-steroid.
- A patient has diabetes if: A random blood sugar greater/or equal to 200 mg/dL is detected, OR a fasting blood sugar greater/or equal to 126 mg/dL is detected, OR a 2-hour blood sugar greater/or equal to 200 mg/dL is detected after being administered 75 grams of oral sugar, OR a hemoglobin A1C test is 6.5% or higher.
- The case manager taking care of any consumer with asthma who is taking theophylline needs to assure if such a consumer has had his/her theophylline blood levels checked to be sure the dose is appropriate.
- For consumers being started on oral cortico-steroids, the case manager needs to be aware of the fact that:
 - a. Oral cortico-steroids may exacerbate manic or psychotic symptoms
 - b. Common side effects of oral cortico-steroids include irritability and insomnia
 - c. Oral cortico-steroids may induce diabetes (especially in consumers already at risk of developing diabetes due to other medications they may be taking).
- Asthmatic consumers should also be instructed on the importance of seeking emergency medical attention if their symptoms do not improve or continue to worsen despite repeated use of the short acting inhaled beta agonists.