



Spirometry in Pediatrics

Spirometry is Essential to the Diagnosis and Management of Asthma

When should spirometry be performed?

1. At the initial assessment.
2. After treatment has stabilized symptoms and peak flow.
3. During a period of progressive or prolonged loss of Asthma control
4. At least every 1-2 years when asthma is stable, more often when asthma is unstable, or at other times the clinician believes it is needed.¹

Why?

Asthma accounts for one-quarter of all emergency room visits in the U.S. each year, with 2 million emergency room visits. Asthma is the #1 cause of school absenteeism among children accounting for more than 14 million total missed days of school. An estimated 20 million Americans suffer from asthma (1 in 15 Americans), and 50% of asthma cases are “allergic-asthma.” The prevalence of asthma has been increasing since the early 1980s across all age, sex and racial groups

Every day in America:

- 40,000 people miss school or work due to asthma
- 30,000 people have an asthma attack
- 5,000 people visit the emergency room due to asthma
- 1,000 people are admitted to the hospital due to asthma
- 11 people die from asthma

How?

Diagnose asthma by establishing:

- history of recurrent symptoms
- reversible airflow obstruction using spirometry
- exclusion of alternative diagnoses²

¹ Recommendations from the NHLBI, NAEPP Expert Panel Reports: Guidelines for the Diagnosis and Management of Asthma. NIH pub no 97-4051.

² Asthma Facts and Figures, Asthma and Allergy Foundation of America