

# Breathing Problems

## Causes of breathing problems:

- Asthma: the air passages become narrowed; it may be triggered by stress or physical activity.
- Anaphylactic shock
- Choking
- Medical illnesses such as pneumonia, bronchitis
- Fear, anxiety, or excitement, which is more prevalent in anxious people and causes rapid breathing.

Be aware that complications in other bodily systems, such as heart attack, stroke, and seizure, can also cause breathing difficulties.

## Signs of breathing problems:

- Fast or shallow breathing
- Noisy breathing sound or whistle when inhaling or exhaling
- Inability to talk due to breathlessness

## Treatment of breathing problems:

- If asthma, help the person use Ventolin, an asthma inhaler.
- If anaphylactic shock, please refer to the anaphylactic shock protocol.
- If choking, please refer to the choking protocol.
- If anxiety attack, let the person breathe in and out slowly, deeply, and gently in a bag.
- Monitor the person's breathing and saturation.
- If he or she is still unable to breathe properly, send him or her to the ER.