Abstract

Non-pharmacological management of asthma should include the comprehensive assessment of risk factors that could contribute to trigger the crisis and/or aggravate asthma in children. The fundamental factors to be considered are: the environmental control, insisting primarily in maintaining an environment free of tobacco, humidity and lung irritating substances such as burning fumes, chlorine, and smoke from traffic and industries. Physical activity should be promoted and adapted to the state of health of the child. It must be individualized recommending activities with poor asthma generating power (aerobics, yoga, swimming, walking among others). Finally we recommend a balanced nutrition emphasizing on breast-feeding and obesity control. Multi causality is determinant in the etiopathology of asthma, so that the best option for its management is to integrate multiple therapeutic resources in order to ensure a better quality of life for the child and their families.

Keywords

Asthma, Non-Pharmacological treatment.