

# Asthma Visit Checklist for healthcare providers

## Initial Visit

- What worries you most about your asthma?
  - Provide empathy. “I can understand how you feel...”; “I want to help...”
- What do you want to be able to do that you can’t do now because of your asthma?
  - Restate your understanding of the patient’s goals.
- What do you want to accomplish at this visit?
  - Negotiate an agenda for the visit with the patient.
- What medicines have you tried?
  - Provide basic facts about asthma (chronic, inflammatory). Explain controller and rescue medications.
  - Remind patient to bring all medications to every visit.
- What other questions or concerns do you have?

## Follow-up Visits

- What medicines are you taking?
- How and when are you taking them?
- Are you having asthma symptoms at night or using your rescue medicine more than twice a week?
- Please show me how you use your inhaled medicines.
  - Review all medications and interpret peak flow.
- Have you noticed anything in your home, work, or school that makes your asthma worse?
- Have you tried to avoid things that make your asthma worse?
- What questions do you have about your Asthma Action Plan?
- Describe how you know when to call me or go to the hospital for asthma care.
- What other questions or concerns do you have?

## Diagnosis

- Record patient history.
- Assess reversibility of airflow obstruction using spirometry.
- Exclude alternative diagnoses.

## Patient Education

### General

- Provide basic asthma facts.
- Ask:
  - “What worries you most about your asthma?”
  - “What questions do you have for me today?”
- Assess patient’s exposure and sensitivity to triggers.
- Provide written and verbal instructions on avoiding triggers.
- Advise on use of ER and when to call clinician.

### Medications

- Explain use of controller and rescue medications.
- Provide Asthma Action Plan for medication use.
- Demonstrate and provide instruction on inhaler use.

### Monitoring and Reporting

- Establish therapeutic goals.
- Provide instructions for monitoring and reporting.
  - Practice use of peak flow meter and explain its use as a monitoring tool (for patients with moderate to severe persistent asthma).
  - Instruct patients to record missed school/work days, reduced activity, and changes in symptoms.

### Follow-up

- See patients every 1 to 6 months.
- Assess attainment of goals and patient’s concerns.
- Make necessary adjustments to treatment.
- Provide updated written Asthma Action Plan.
- Check patient’s peak flow and inhaler technique.

