

Your/Your Child's Asthma Visit – What to Expect, What to Ask



Your Name: _____ Your Relationship to the Child: _____

Are there specific concerns you want to discuss today? No Yes _____

Have there been any major changes in your family lately?

None Move Job Change Separation Divorce Death in the family New pet

Other? Describe: _____

General Health Information. Since Your Last Visit:

Yes No Unsure

Have you (or your child) had any major illness and/or hospitalizations?

Have you or anyone in your family (or your child's relatives) developed new any medical problems?

Are there any changes to your (or your child's) medications?

Are your (or your child's) immunizations (includes flu and pneumonia vaccines) current?

Do you or any adults who are around you (or your child) smoke (includes inside or outside the house)?

Have you (or your child) been seen in the emergency room in the last 6 months for asthma?

No Yes 1-2 times Yes 3-4 times Yes 5-6 times Yes more than 6 times

Have you (or your child) been hospitalized for asthma in the last 12 months?

No Yes 1-2 times Yes 3-4 times Yes 5-6 times Yes more than 6 times

Do you (or your child) have any of the following asthma symptoms currently?

Coughing, especially at night Wheezing Shortness of breath Chest tightness, pain, or pressure

Do you (or your child) have any early symptoms of an asthma attack?

Frequent cough, especially at night Losing your breath easily or shortness of breath

Feeling very tired or weak when exercising Wheezing or coughing after exercise

Do you (or your) child use a spacer?

No No, do not have one Yes, always Yes, sometimes Yes, seldom Need to, do not have one

Do you (or your child) use a nebulizer?

No No, do not have one Yes, always Yes, sometimes Yes, seldom Need to, do not have one

Do you (or your child) use a rescue inhaler?

No No, do not have one Yes, always Yes, sometimes Yes, seldom Need to, do not have one

Ask your (or your child's) doctor about any specific concerns about asthma.

Would you like to get more information on any of the topics below?

Medications/Treatments

- Inhalers/rescue inhalers
- Spacers
- Nebulizers
- Pulmonary Function Tests
- Steroids
- Asthma specialist
- Herbal remedies

Symptoms

- Asthma triggers
- Early symptoms of Asthma attack
- Asthma symptoms
- Depression
- Other

Health Promotion

- Smoking Cessation
- Immunizations
- Exercise routine
- When to call doctor
- Family Planning
- Dental appointment

Nutrition

- Healthy diet
- Healthy snacks

This is not a self-diagnosis tool or a treatment plan. Please consult your doctor and share this with your doctor at your next visit.