

A Patient's Asthma Pre-Visit Checklist

Things to Consider

- ✓ Has your asthma – from diagnosis to treatment – been fully explained to you?
- ✓ How well do you currently feel with your asthma? What are your concerns?
- ✓ Do you recognize triggers for your asthma? Is there an easier way to deal with your triggers?
- ✓ Do you feel like you are on the right type or dose of medication?
- ✓ Are you able to afford your medication, co-pays and deductibles?
- ✓ What do you need from this consultation/visit?
- ✓ Are you uncertain about the disease, its cause, expected outcomes or next steps?

Assess Asthma Status

- ✓ How you have been feeling since your last visit? (Tell your healthcare providers (HCP) about how your asthma affects your social life, absences from work/school/hobbies.)
- ✓ Have you had any visits to other HCP, e.g. emergency department, hospitalization since your last visit?
- ✓ Share information regarding any asthma symptoms you are experiencing (e.g. wheezing, coughing shortness of breath, tightness in your chest) and the frequency of your symptoms.
- ✓ Discuss any triggers that make your asthma worse. What have you done to limit symptoms?
- ✓ Tell your HCP how often you use your short-acting asthma inhaler and how often you forget to take your controller medications, e.g. ICS/LABA/LAMA.
- ✓ Discuss how confident you are about where and when you should use your inhalers in managing your asthma.

Adjust Management

- ✓ Keep a journal of the frequency of your asthma flares. Review this at your appointment with your HCP.
- ✓ Ask if updates to your written personalized Asthma Action Plan are needed and check that you understand the shared goals outlined in the plan.
- ✓ Ask for a Lifestyle plan, e.g. diet, exercise, probiotics, Vitamin D3 or alternative therapies.
- ✓ Discuss your preferred approach to regular reviews (e.g. face-to-face meetings, telephone, tele-pharmacy reviews or online.)
- ✓ Ask if you would like any further information about asthma side effects and long- or short-term therapies.

After the Consultation

- ✓ Follow up on the management and treatment plan discussed to help facilitate self-management.
- ✓ Ensure you have a copy of your written personalized Asthma Action Plan with any revisions/changes.
- ✓ Book your appointments and make note of the timelines for regular follow-ups. (These can be face-to-face meetings, tele-pharmacy, online or telephone consultations.)
- ✓ Resolve transportation and financial issues as needed.

Note:

Open discussions are always helpful in asthma management and will help both you and the HCP to achieve the same goals for your asthma.

It is very important that if, during the consultation, things are not clear, that you ask your HCP for guidance, such as your concerns about your diagnosis, medications, or inhaler technique.