Asthma review questionnaire

To be filled in if you haven't had a review recently and <u>are not planning on coming in for routine review this year.</u> Please note we've had people complain that they keep getting questionnaires to fill in. We like this completed <u>once per year only</u>, not every time you get a reminder (which could be three times per year). You don't need to fill in the questionnaire at all if you come to our nurse run respiratory clinic or choose to see your doctor for a routine asthma review.

<u>COPD patients:</u> please don't use this questionnaire – come to the Respiratory clinic at the Practice; we need to do specific lung function tests on you.

Name:	Date of Birth:		
Daytime Tel. No.: Mobile No (These are particularly helpful for us – please fill		ımber so we can conta	ct you more easily.)
Children: parents, please could you complete this qu	estionnaire on your ch	ild's behalf.	
Our computer system indicates you have asthma:-			
Do you agree you have asthma? (circle)	Yes	No	
If not, why? Do you have another diagnosis?			
Is your asthma well controlled? Signs that it might a breathlessness, your sleep being disturbed by asthma everyday activities, or preventing you doing things y	a (which could be just		
Do you think your asthma is well controlled? (circ	cle) Yes	No	
If you answered no to this question we ought to see telephoning 01895 442 026. If you cannot get an appointment to see a doctor.			

Peak Flow Measurement

It's a good idea to have a peak flow meter and to check your measurements occasionally. If the measurement varies a lot it's a sign your asthma is not so well controlled and you might be at risk from an attack. In particular if your early morning readings are consistently lower than your evening readings your asthma may be inadequately controlled. If you don't have a peak flow meter, please ask for one at your next review. If you never get what you should be getting (the nurse will be able to tell you what you should be getting – depends on age, sex and height) we might need to consider whether you have badly controlled asthma, COPD or another respiratory condition.

Inhaler Technique

Do you have any problems taking your inhaler? If so please come and discuss this by making an appointment as above. Things people often forget with MDI inhalers (snorkel shaped ones you press): shake the inhaler before each puff; press the inhaler as you breath in, not before or afterwards; hold your breath in for 10 seconds.

Do you smoke? (circle) Yes (Amount: /day) Ex-smoker Never smoked

Do you measure your peak flow? If so please enter a typical reading here.......

If yes, no doubt you are aware smoking is bad for your health, especially if you areasthmatic. Apart from making your asthma potentially more difficult to control, it increases your chances of developing irreversible lung disease in the future.

If you would like help giving up, please indicate so below (circle):-

Yes No

Annual flu' vaccination is recommended for all asthmatics (except those under 6 months of age or who need occasional reliever inhalers only). Please come in for that at the appropriate time (October onwards each year).

If you do not want a flu' vaccination please tick this box