

GETTING THE MOST OUT OF THE VISIT WITH YOUR ASTHMA CARE PROFESSIONAL

Successful management of your asthma will involve a team approach. It is important to work with your asthma care professionals and tell them how things are going.

- 1) Before your next appointment, make sure that you write down your concerns or questions.
- 2) At your appointment discuss the following areas:
 - What is your level of physical activity? Is it less than you would like because of asthma symptoms?
 - How frequently are you using your reliever inhaler? Is this your usual pattern or are you generally using more or less medication?
 - How frequently are you experiencing asthma symptoms? Do you wake-up at night because of asthma symptoms?
 - Are there certain triggers for your asthma?
- 3) Take notes of what was said for future reference.
- 4) Bring your asthma medications to your appointment and ask to have your inhaler technique checked.
- 5) Ask if you don't understand something that was said. It is important to repeat what you think was said and what you are supposed to do.

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