

APPENDIX 4: SUGGESTED CHECKLIST FOR ADULT ASTHMA CONSULTATIONS

The following three questions should be asked at every consultation and the response documented in the individual's record:

1. How many doses of your reliever have you taken each day over the last week? (Record the mean/average number of doses per day).

2. Over the last 2 weeks, how many times have you been woken from sleep because of asthma symptoms such as wheezing or coughing, or needed to take your reliever medication? (Record the number of nights).

3. Over the last 2 weeks on how many days has your physical activity been limited by asthma? (Record the number of days).

Other useful screening questions

How many days have you had off from work or other daily activities due to asthma or chest problems in the last year?

Have you been admitted to hospital within the last 12 months for asthma?

Have you required any emergency nebuliser treatments in the last 12 months?

Have you required a course of corticosteroid tablets (prednisone) in the last 12 months?

Do you smoke at present?

What were your highest and lowest peak flow rates in the last year?
