

The Asthma Team



When you have a child with asthma, you need to be in a partnership with the doctor and the office staff. You are all on the same team!

The things you observe about your child's asthma are as central to your child's care as is the doctor's skill and knowledge.

The answers to the following questions will help your child's doctor better understand and treat asthma:

- 1. How many times has your child had symptoms in the last week during the day? During the night?**
- 2. How many days of school/day care has your child missed due to asthma?**
- 3. How many times did your child use the "quick relief/rescue" medicine?**
- 4. How many times has your child been to the emergency room since the last visit?**
- 5. How many times has your child been hospitalized for asthma since your last visit?**
- 6. Have there been any changes in your child's school/day care/home environment?**
- 7. What things seem to make your child's asthma worse?**
- 8. If your child uses a peak flow meter, what was the reading the morning of the visit?**



It may help your doctor and the office staff if you bring the following items:

- **Asthma Action Plan, if you have one. It may need updating.**
- **Asthma Medicines**
- **Asthma devices—bring peak flow meters, spacer and any other devices you use to care for your child’s asthma**
- **Folk remedies that you use to help your child with asthma**

You should also bring your own questions about asthma. There are no dumb or silly questions about asthma. Asthma is a serious disease and you have a big job in taking care of a child with asthma. Your doctor wants to help you.