## ASTHMA VISIT IN 15 MINUTES

**At Check-in** • Asthma intake form\* that asks about: frequency of SABA use, limitations of activities, frequency of day/nighttime symptoms, asthma ED/hospitalizations

- Assess asthma control: Asthma Control Test (ACT)™
  - As available: spirometry, FeNo, peak flow

\*Find form templates and other resources at GetAsthmaHelp.org/15

### **5** MINUTES

#### Review Check-in Materials & Assess

- Control: ACT™, breathing tests, impairment
  - Risk: number of ED visits, hospitalizations, systemic steroids in past 12 months
    - How often control & rescue medications are taken
      - · Barriers to self-management

# MINUTES Tx Plan & Educate

- Choose or adjust medications based on step therapy approach
- Review rescue vs. controller medications & device technique – 11 refills for controllers 1 refill for rescue meds
  - Give trigger guidance & update flu vaccine
    - Troubleshoot self-management barriers
      - Create and review asthma action plan, including when to call the doctor – patient repeats back
        - Complete school permission to carry medication form, if needed
          - Set goals and decide on a follow-up visit based on control/medication plan

## 2 MINUTES Physical Exam

- May be normal
  - Look for signs of allergy and eczema

