

Asthma Patient Care Flow Sheet (patients aged ≥ 19 years)

Diagnosis based on:

- Asthma history alone
- Asthma history and clinical exam
- Spirometry showing reversible obstruction
- Other: _____

Patient's best lung function

Date _____

FEV₁ (percent predicted) _____

Asthma triggers: Viral infections Animals _____ Exercise Pollen/Trees Dust Mites Other _____

	Date							
ASTHMA CONTROL (each visit)								
Daytime symptoms (# of days/week)								
Need for reliever (# of days/week)								
Nocturnal symptoms (# of nights/week)								
Limitation of activity (Y/N)								
Exacerbations (# since last visit)								
Courses of systemic steroids (# since last visit)								
Hospitalization or emergency room visit (# since last visit)								
EDUCATION								
Review medication compliance (each visit)								
Evaluate inhaler technique (have patient demonstrate) and provide patient resources								
Provide/review/modify written action plan*								
Review purpose of medications								
Review trigger avoidance								
Assess for food allergy and ensure epinephrine autoinjector px is up to date								
Smoking cessation counselling**								
Influenza vaccine (annual)								
Pneumococcal vaccine up to date								
INVESTIGATIONS/ASSESSMENTS								
Lung function (FEV ₁)								
Consider co-morbidities								
Asthma education program referral								
Specialist referral								

*Refer to *Associated Document – Asthma Action Plan for Children: aged ≥ 19 years*,

**Refer to www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage/bc-smoking-cessation-program