# Asthma Patient Care Flow Sheet (patients aged 6 – 18 years)

Diagnosis based on:
- [ ] Asthma history alone
- [ ] Asthma history and clinical exam
- [ ] Spirometry showing reversible obstruction
- [ ] Other: ______________________

Asthma triggers:
- [ ] Viral infections
- [ ] Animals
- [ ] Exercise
- [ ] Pollen/Trees
- [ ] Dust Mites
- [ ] Other _________________________

<table>
<thead>
<tr>
<th></th>
<th>Date</th>
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<tbody>
<tr>
<td><strong>ASTHMA CONTROL (each visit)</strong></td>
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<tr>
<td>Daytime symptoms (days/week)</td>
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<td>Need for reliever (days/week)</td>
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<td>Nocturnal symptoms (nights/week)</td>
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<td>Limitation of activity (Y/N)</td>
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<tr>
<td>Exacerbations (# since last visit)</td>
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<td>Courses of systemic steroids (# since last visit)</td>
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<tr>
<td>Hospitalization or emergency room visit (# since last visit)</td>
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**EDUCATION**
- Review medication compliance (each visit)
- Evaluate inhaler technique (have patient demonstrate at each visit) and provide handouts*
- Provide 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 for family***
- Influenza vaccine (annual)
- Pneumococcal vaccine up to date

**INVESTIGATIONS/ASSESSMENTS**
- Lung function (FEV₁)
- Height (cm)
- Height percentile
- Weight (kg)
- Weight percentile
- Specialist referral

*Refer to: [www.bcchildrens.ca/KidsTeensFam/A-ZPamphlets/default.htm](http://www.bcchildrens.ca/KidsTeensFam/A-ZPamphlets/default.htm), ** Refer to [Associated Document – Asthma Action Plan for Children: aged 6-18 years](#), ***Refer to: [www2.gov.bc.ca/gov/topic.page?id=8CC17D1F894140748D740853F361D798](#)