Asthma Patient Care Flow Sheet (patients aged < 6 years)

Diagnosis based on:
- □ Asthma history alone
- □ Asthma history and clinical exam
- □ Other: ______________________

Asthma triggers:
- □ Viral infections
- □ Animals _____________________
- □ Exercise
- □ Pollen/Trees
- □ Dust Mites
- □ Other _________________________________________

<table>
<thead>
<tr>
<th>Date</th>
<th>Daytime symptoms (days/week)</th>
<th>Need for reliever (days/week)</th>
<th>Nocturnal symptoms (nights/week)</th>
<th>Limitation of activity (Y/N)</th>
<th>Exacerbations (# since last visit)</th>
<th>Courses of systemic steroids (# since last visit)</th>
<th>Last hospitalization or emergency room visit (# since last visit)</th>
</tr>
</thead>
</table>

**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**
- Height (cm)
- Height percentile
- Weight (kg)
- Weight percentile
- Specialist referral

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