



# HOW TO PREPARE FOR YOUR FOLLOW-UP CONSULTATION?

When you experience symptoms of asthma, it is essential to consult your healthcare provider to receive a correct diagnosis, a personalised treatment plan, and/or a referral to a specialist for further evaluation.

Our guide will help you prepare for the follow-up visit with your healthcare provider. It encourages you to think about your health journey, reflect on key issues you want to discuss during your consultation, and consider how your treatment is working –both the benefits and any side effects.

With this preparation, you'll feel more confident, make the most of your time with your healthcare provider, and take an active role in managing your health.





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## WHEN to see your healthcare provider

**An asthma review** is a routine check-up with your doctor or asthma nurse to evaluate how well your asthma is being managed. You'll need an asthma review **at least once a year** – and more often if your asthma symptoms are hard to control or if you have severe asthma.

You should also book an appointment with your healthcare provider sooner if you've had an **asthma flare-up**, even if you were able to manage it at home, **ideally the same day**. If you've been to the **emergency department or were admitted to the hospital** because of an asthma attack, it's important to see your GP or asthma nurse **within 2 days of being discharged**.

It's important to see your GP or asthma nurse if you find yourself **needing your reliever inhaler often**. What counts as "often" can vary depending on the type of reliever inhaler you use — so it's a good idea to discuss this with your doctor.



## 1 How have I been feeling?

Answer the questions below to help your doctor or asthma nurse understand how well your asthma is currently controlled.

- **Do you have asthma symptoms or use your reliever inhaler more than two times per week?**
- **Do you awaken at night with symptoms more than two times per month?**
- **Do you refill your reliever inhaler more than two times per year?**

Yes

No

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*Based on Baylor College of Medicine's Rules of Two®*



Your doctor might request that you fill out additional questionnaires before your appointment to evaluate how your symptoms have evolved with your current treatment. You can access examples of these forms on our Patient Portal.

### Asthma Control Diary



### Asthma Control Questionnaire







**Do you also have chronic rhinosinusitis?** If so, you may be asked to complete the questionnaire below.

### SNOT-22



## 2 Overview of my symptoms

Below is a list of symptoms related to your Asthma. Please **rate how bothersome each symptom** has been for you over the past two weeks, using a scale from 0 to 5, where 0 means no problem at all and 5 means as bad as it can be. Also, for each symptom, please indicate how often it occurs: daily, weekly, or occasionally.

Type of symptom	Symptom severity in the past two weeks	Symptom frequency
 <b>Shortness of breath</b>	0 - 1 - 2 - 3 - 4 - 5	Daily – Weekly – Occasionally
 <b>Dry cough</b>	0 - 1 - 2 - 3 - 4 - 5	Daily – Weekly – Occasionally
 <b>Wheezing</b>	0 - 1 - 2 - 3 - 4 - 5	Daily – Weekly – Occasionally
 <b>Chest tightness</b>	0 - 1 - 2 - 3 - 4 - 5	Daily – Weekly – Occasionally
Other: _____	0 - 1 - 2 - 3 - 4 - 5	Daily – Weekly – Occasionally
Other: _____	0 - 1 - 2 - 3 - 4 - 5	Daily – Weekly – Occasionally

## 3 My medication overview

Please list all the medications and supplements you are currently using. This includes not only tablets but also liquids like nasal sprays, syrups, eye drops; topical treatments (creams, ointments); and any other forms of medication. Be sure to include both prescription medications and any over-the-counter treatments (those you buy without a prescription).

### Example:

Medication name	Reason	Dose unit	When, how much I take
Paracetamol	Pain management	1000mg	Max. 3 times per day, 1 tablet
Hydrocortisone cream	Eczema	1% w/w	Once a day, 1 fingertip

Medication name	Reason	Dose unit	When and how much I take

## 4 Experience with my first treatment

1. Name of the medication: .....

### My experience

Positive: .....

Negative (side effects/unexpected effects): .....

Are you encountering any practical difficulties with your treatment, such as how to use it, how often to take it, when to take it, or remembering to take it? Is there anything in your treatment plan that you find confusing?

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2. Name of the medication: .....

### My experience

Positive: .....

Negative (side effects/unexpected effects): .....

Are you encountering any practical difficulties with your treatment, such as how to use it, how often to take it, when to take it, or remembering to take it? Is there anything in your treatment plan that you find confusing?

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## 5 Thought prompts

Below is a detailed list of thought prompts designed to guide a thorough and productive conversation with your treating physician:

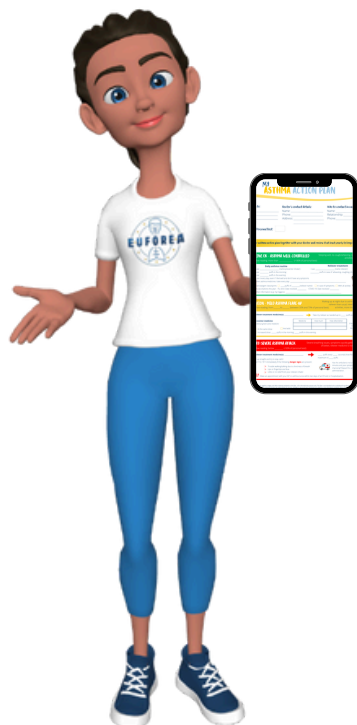
- **New treatment:**
  - How will this treatment be different from my previous one? What are the expected benefits and downsides?
- **Alternative treatment options:**
  - Are there other treatment options available? What are the pros and cons?
  - What are the risks of not starting this treatment now?
- **Additional tests or investigations:**
  - Why are these tests necessary? What will we learn from it? What happens if I don't get this test?
  - What are the costs, benefits and potential downsides?
  - What is likely to happen next, after I have the test?
- **Progress monitoring:**
  - How will we know if this treatment is working for me? What symptoms or changes should I watch for?
- **Written resources:**
  - Are there any resources that you could recommend to me (websites or apps) to learn more about my condition or treatment?
- **Impact on daily life:**
  - Will the current/newly proposed treatment affect my daily activities, work or lifestyle?
- **Duration of treatment:**
  - How long will I need to continue this treatment?
  - Will the dosage or the way I take my treatment change over time?
- **Medication interactions:**
  - Is the proposed treatment safe to use with my other medications or supplements?
  - Am I allowed to drink alcohol while using this newly suggested treatment?
- **Follow-up plan:**
  - When should I schedule a follow-up appointment?
  - What should I do if my symptoms worsen or if I do not notice a significant improvement?
- **Long-term outlook:**
  - Is there a chance that my condition might lead to long-term effects or complications?
  - Will my treatment cure my condition or just manage the symptoms?

**Notes:**

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## 6 What to bring to your consultation?



### ***Bring your Asthma Action Plan to your consultation***

If you received an Asthma Action Plan during your first visit, make sure to bring it with you to your follow-up. It's a great opportunity to go over it together with your doctor or asthma nurse and make any needed updates.

If you haven't been given one yet, don't worry — you can download our Asthma Action Plan and take it with you to your appointment. Your healthcare provider can help you fill it out. This simple, one-page plan shows you how to manage your asthma day-to-day and what to do if your symptoms get worse. It's a helpful tool to feel more confident and in control of your asthma.



**Take your inhaler(s) with you to your consultation** so your doctor or asthma nurse can review how you're using them. Even if you've been using an inhaler for a long time, it's still a good idea to check your technique. You might have picked up a small mistake without realizing it, or your inhaler technique may have changed over time. Your doctor may also want to:

- See if a different inhaler type or device would suit you better
- Recommend using a spacer to improve medication delivery
- Check if the dosage or medication type is still appropriate
- Make sure you're storing or maintaining your inhaler correctly

Bringing your inhaler helps make sure you're getting the most out of your treatment.





# | **BEFORE** your follow-up consultation

## **1** My questions

Make a list of what you want to discuss during your visit. For example, do you have a new symptom that concerns you? Or is there a side effect from your treatment that you want to address? If you have more than a few items to discuss, prioritize them and start with the most important one to you first. Don't wait until the end of the visit to bring up what's really on your mind. Start with your top questions/concerns to make sure they get the attention they deserve.

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## **2 Tips/tricks and information provided by my doctor**

Taking notes during your consultation can be very helpful, especially since it can feel overwhelming to get a lot of information at once. You can even ask your doctor to help you write down the key points so you don't forget them. This might include important details about your health or condition, tips to manage it, and advice on how to use your treatment properly.

### **General information**

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### **Tips/tricks to help improve my condition:**

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### **Advice on how to use or take my medication/treatment correctly:**

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