### ASTHMA MANAGEMENT GUIDE (based on the NHLBI/NAEPP EPR-3)

1. **PATIENT’S AGE**
   - □ 0-4 years
   - □ 5-11 years
   - □ 12 years-Adult

2. **SEVERITY and/or CORRESPONDING TREATMENT STEP**
   - □ no prior asthma diagnosis or past inhaled medications
   - □ Intermittent
   - □ Persistent
   - □ Mild
   - □ Moderate
   - □ Severe

3. **IMPAIRMENT AND cough/wheeze/dyspnea**
   - # _____ days per week
   - # _____ nights per month
   - □ <2/week □ daily
   - □ >2/week □ >1/day
   - □ none □ some □ minor □ extreme

4. **RISK (exacerbations requiring systemic steroids)**
   - □ 0-1/ year
   - □ 2-3/ year
   - □ > 3/ year

5. **SEVERITY (if new or different today)**
   - □ Intermittent
   - □ Persistent
   - □ Mild
   - □ Moderate
   - □ Severe

6. **START/STEP UP/STEP DOWN/MAINTAIN**
   - □ 1
   - □ 2
   - □ 3
   - □ 4
   - □ 5
   - □ 6

7. **EDUCATION for self-management**
   - □ basic facts
   - □ controllers vs quick-relievers
   - □ spacer technique
   - □ environmental trigger avoidance
   - □ Action Plan
   - □ 504b/MAF

8. **RTC**
   - □ every 2-6 weeks until “well controlled”
   - □ every 1-6 months if “well controlled” for 3 months

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