**ASTHMA VISIT IN 15 MINUTES**

**At Check-in**
- Asthma intake form* that asks about: frequency of SABA use, limitations of activities, frequency of day/nighttime symptoms, asthma ED/hospitalizations
  - Assess asthma control: Asthma Control Test (ACT)™
  - As available: spirometry, FeNo, peak flow

*Find form templates and other resources at [GetAsthmaHelp.org/15](http://GetAsthmaHelp.org/15)

**8 MINUTES**
**Tx Plan & Educate**
- Choose or adjust medications based on step therapy approach
- Review rescue vs. controller medications & device technique – 11 refills for controllers, 1 refill for rescue meds
- Give trigger guidance & update flu vaccine
- Troubleshoot self-management barriers
  - Create and review asthma action plan, including when to call the doctor – patient repeats back
  - Complete school permission to carry medication form, if needed
- Set goals and decide on a follow-up visit based on control/medication plan

**5 MINUTES**
**Review Check-in Materials & Assess**
- Control: ACT™, breathing tests, impairment
- Risk: number of ED visits, hospitalizations, systemic steroids in past 12 months
- How often control & rescue medications are taken
- Barriers to self-management

**2 MINUTES**
**Physical Exam**
- May be normal
- Look for signs of allergy and eczema

AIM
**ASTHMA INITIATIVE OF MICHIGAN**