The Planned Asthma Visit

__ Affirm the diagnosis of asthma/ concept of a chronic disease
__ Classify “severity” and “control” (2007 NAEPP Criteria)
  __ Assess impairment (past 2-4 weeks)
  __ Assess risk (past 6-12 months)
  __ Spirometry & validated questionnaires
__ Address “inflammation” vs “bronchoconstriction”
__ Differentiate “controller” vs “rescue medication”
__ Identify triggers and provide specific guidance for avoidance
__ Jointly develop treatment goals & promote self-management
__ Teach spacer device technique; other delivery devices
__ Write an Asthma Action Plan and review:
  __ daily management & how to recognize early s/s of worsening
  __ step-up “Yellow Zone” plan for home management
  __ when and where to seek medical attention
__ Reassess control in 2-6 weeks, adjust Rx, & modify Action Plan
__ Complete school forms for the use of Albuterol & spacer for school
__ Administer the annual influenza vaccine, regardless of severity