

ASTHMA TELEHEALTH VISIT GUIDELINES

1

DAILY & EMERGENCY ASTHMA ACTION PLAN

- How would you describe your child's breathing pattern?
- Have you been told your child has asthma?
- What worries you about your child's breathing?
- Do you have an asthma action plan? does the daycare or school have a copy?
- Has your child ever had a breathing emergency?
- Has your child taken a breathing test to see if their breathing is as good as it should be?
- Do you have medicines at home that you give to your child for breathing problems?
- Can you show these to me and tell me how you give them?
- What let's you know your child needs these medicines?
- How do you know if the medicine is working?
- Tell me about other family members who have breathing problems.

2

REDUCING ASTHMA TRIGGERS

- What things in your house do you think might be making your child's asthma worse?
- Has your child been tested for allergy?
- How often is your child around vaping or smoking?
- Do you know about free counseling and nicotine replacement to help smokers stop?
- Would you like for me to sign you up for help to quit smoking?
- How often do you notice a damp or musty smell in your house?
- What kinds of animals do you have in your house?
- Do they move freely around your house?
- Do you use any of these items below indoors? (sprays, air fresheners, candles, essential oils, incense or other fumes or strong odors)
- Are any of these in your child's bedroom?

3

LEARNING MORE & AIMING FOR REMISSION

- If you have asthma, how long do you think it will take for the control medication to stop the real problem – that's airway irritation (inflammation) and restore healthy lungs?
- What should we do once your lung test is normal and there's no breathing problems?
- How will you know you no longer need a daily medication to control breathing problems? What can you do to keep asthma from coming back?
- What can you do to breathe better and keep asthma from coming back?
- How is your nose today? Do this simple "nose check". Push in on one side of your nose to block it. Now sniff. Switch sides and sniff again. Can you breathe easily through both sides of your nose?
- What are the most common problems that go with asthma?