

Notes (space for you to write down any questions or comments you want to discuss at your review)



Asthma UK

Asthma UK is dedicated to improving the health and well-being of the 5.2 million people in the UK with asthma.

Asthma UK Adviceline

Ask an asthma nurse specialist
08457 01 02 03
asthma.org.uk/adviceline

Asthma UK website

Read the latest independent advice and news on asthma
asthma.org.uk

Asthma UK publications

Request booklets, factfiles and other materials with independent, specialist information on every aspect of asthma
08456 03 81 43
info@asthma.org.uk

Asthma UK membership

Become a member of Asthma UK and receive Asthma Magazine four times a year
08456 03 81 43
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Making the most of your
asthma review

Be in control

What is an asthma review?

An asthma review is an appointment with your doctor or nurse to talk about your asthma and discuss ways in which you can control your symptoms better.

You can use this card to find out what to expect at your review and to write down any questions you want to ask your doctor or nurse.

When should you have a review?

You should have a review:

- every year if your symptoms are well controlled or more often if your symptoms are difficult to control
- a month or so after your asthma medicines are changed – to new medicine or if your normal medicine has been increased or decreased
- within 48 hours of a serious attack to make sure your symptoms are better controlled. You also need another review one to two weeks after a serious attack to make sure your symptoms are back under control
- if your personal asthma action plan is not helping you to get back in control of your symptoms.

Some people may have their asthma reviewed more often if it is difficult to control.

How should I feel if I have asthma?

Regular use of your preventer medicine should control your asthma. You should:

- have few or no symptoms during the day or night
- have little or no need for your reliever (blue) inhaler medicine
- be able to exercise without problems.

How can I recognise if my asthma is getting worse?

If your symptoms are getting worse you may recognise some or all of the following:

- needing more and more reliever treatment
- waking at night with coughing, wheezing, shortness of breath or a tight chest
- having to take time off work because of your asthma
- feeling that you cannot keep up with your normal level of activity or exercise.

If you have any of these symptoms, arrange a review or more urgent consultation, which will help you to get your asthma back under control.

What will happen at an asthma review?

During a review you should expect to be asked the following three questions:

- 1 Have you had difficulty sleeping because of your asthma symptoms (including cough)?
- 2 Have you had your usual asthma symptoms during the day (cough, wheeze, chest tightness or breathlessness)?
- 3 Has your asthma interfered with your usual activities (eg, housework or work)?

This will help your doctor or nurse to find out if your asthma is under control.

Discussing your asthma medicines

Your doctor or nurse should discuss your asthma medicines and the inhalers you are using. They should also check to see if you are able to use your inhaler easily. If you find it difficult to use your inhaler, or feel that it is not controlling your symptoms, talk to your doctor or nurse about the possibility of changing to something different that is easier to use.

Helping you to control your asthma

To help you to control your asthma symptoms, your doctor or nurse should discuss with you the best way you can control your symptoms and as part of this should give you a written record of your asthma medicines and what to do if your symptoms get worse.

At your review, ask them for an asthma medicine card and a personal asthma action plan.

Vaccinations

At your asthma review you should talk to your doctor or nurse about having the flu vaccination. These normally happen every autumn. You should also talk about having the pneumococcal vaccination.

Smoking

If you smoke, your doctor or nurse can support and advise you about stopping. They will be able to provide you with advice and direct you to local support activities that will help you to achieve this.

If you would like to discuss asthma reviews or written personal asthma action plans with an asthma nurse specialist, call the **Asthma UK Adviceline 08457 01 02 03**