



**CONTACT NEMS      1-888-500-1886      WWW.NEMS.ORG**

*Please answer the following questions concerning your child's or your asthma condition and management. For each item, check the box that corresponds to the answer(s) you choose.*

1. **During an asthma attack, the muscles around the airways tighten. The airways become inflamed, and they fill with mucus** .....  True     False
2. **Do you know the difference between quick-relief (e.g. Albuterol) and long-term controller (e.g. Pulmicort, Flovent) asthma medicines?** .....  Yes     No
  - a. Rescue medicines (e.g. Albuterol) treat active symptoms .....  True     False
  - b. Controller medicines (e.g. Pulmicort) control inflammation. They can be used even when there are no symptoms .....  True     False
3. **Inhalers should be used with a spacer in order to be most effective** .....  True     False

4. **Do you or your child have any of these symptoms?**
  - Wheezing (a whistling noise when breathing)
  - Coughing while playing/sleeping (with or without mucus)
  - Chest tightness (a feeling of squeezing/sitting on the chest)
  - Shortness of breath (not being able to catch your breath)
  - Nighttime awakenings
  - None/I don't know
  - Other: \_\_\_\_\_
5. **How often do you or your child have the above symptoms?**
  - Less than 2 times a week                       1 time a day
  - More than 2 times a week                       More than 1 time a day
6. **What triggers have you noticed that cause you or your child to have an asthma attack?**
  - Second-hand smoke                                       Exercise
  - Allergens (pollen, mold, dust, pets, cockroaches, or food)     Emotions/stress
  - Cold/dry weather     Respiratory infections
  - Other: \_\_\_\_\_

**Do you have an Asthma Action Plan?** .....  Yes     No

**Do you have any questions/concerns for your doctor?** .....  Yes     No

Sources:

- Potter, Paul C. "Current Guidelines for the Management of Asthma in Young Children." *Allergy, Asthma & Immunology Research* 2.1 (2010): 1-13. Web.
- National Institute of Health

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

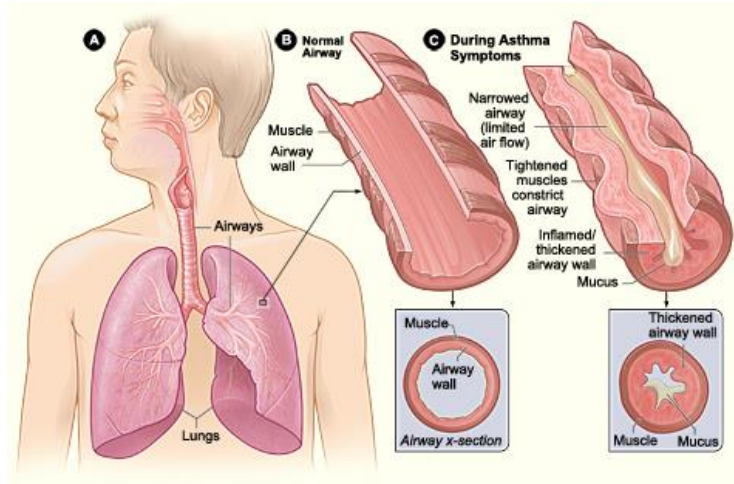


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1. **TRUE**



1. *Muscles surrounding the airways tighten*
2. *The airways become inflamed*
3. *The airways fill with mucus*

2. a. **TRUE**, rescue medicines treat active symptoms. They help loosen the muscles around the airways. Use these medicines during an asthma attack. Do not use them daily for long-term control.
- b. **TRUE**, long-term controller medicines prevent asthma symptoms from occurring. They control inflammation and mucus production in the airways. Use these medications even when there are no symptoms. Do not use them to treat active symptoms.
3. **TRUE**, Spacers deliver more inhaled medication to the lungs.



4. Recognize symptoms of asthma attack. When symptoms occur, use the rescue inhaler to prevent a more severe attack.
5. Knowing how often you/your child has symptoms tells you how well controlled is your/their asthma.
6. Many things can trigger asthma. Know the triggers and avoid them to prevent future asthma attacks.

Sources:

- Potter, Paul C. "Current Guidelines for the Management of Asthma in Young Children." *Allergy, Asthma & Immunology Research* 2.1 (2010): 1-13. Web.
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