

TRAPPED BY ASTHMA?

Fill out this checklist and ask your GP if it's **TIME²REVIEW** your asthma management plan.

HOW I MANAGE MY ASTHMA:

Describe your treatments, including how often you take them and how much you take.....

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.....

SIGNS ASTHMA MAY BE UNCONTROLLED: (tick all that apply)

- Supplied more than 2 courses of oral steroids for asthma in the last year?¹⁻³
- Been to the emergency department or have been hospitalised in the last year for asthma?²
- Use your reliever inhaler 2 or more days a week?^{*1-3}
- Wake at night due to asthma symptoms?¹

HOW ASTHMA IMPACTS ME:

Describe the last time you changed your plans or chose not to do something because of your asthma?.....

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How many times a week do you think about asthma?.....

Things you'd like to improve first about your asthma.....

.....

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Other notes:.....

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*Excluding when you use your reliever to prevent symptoms before exercise.

References: 1. Australian Asthma Handbook, version 2.0, National Asthma Council, 2019. Available at: <http://www.astmahandbook.org.au/management>. 2. Tay TR, et al. Diagnosis of severe asthma. *MJA* 2018;209(2 Suppl):S3-S10. 3. Global Initiative for Asthma (GINA). Global strategy for asthma management and prevention (2018 update). Available at: <https://ginasthma.org/2018-gina-report-global-strategy-for-asthma-management-and-prevention/> (accessed: 27 July 2018).

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