

# TRAPPED BY ASTHMA?

Fill out this checklist and ask your GP if it's **TIME<sup>2</sup> REVIEW** your asthma management plan.

## HOW I MANAGE MY ASTHMA:

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

.....

.....

.....

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

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

## 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.....

.....

.....

Other notes:.....

.....

.....

.....

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

**References:** **1.** National Asthma Council. Australian Asthma Handbook v2.1: Managing Asthma in Adults. Available at: <https://www.astmahandbook.org.au/management/adults>. Accessed August 2021. **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. 2021 Updated. Available at: <https://ginasthma.org/>. Accessed August 2021.

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