

## Preparing for care planning for people with asthma

<b>Name:</b>	<b>Date of birth:</b>	<b>NHS no:</b>	<b>Date:</b>

This preparation document will help you think ahead and plan what you would like to discuss at your care and support planning appointment.

**Please bring this with you to your appointment as you will be able to record any test results.**

<b>What would you like to talk about at your review?</b>

<b>These are some things that people sometimes want to talk about. Circle any that are important to you.</b>	
<p style="text-align: center;">Medical check-ups</p> <p style="text-align: center;">Medication</p> <p style="text-align: center;">Monitoring my health</p> <p style="text-align: center;">Healthier eating</p> <p style="text-align: center;">Appetite</p> <p style="text-align: center;">Wheezing</p> <p style="text-align: center;">Breathlessness</p> <p style="text-align: center;">Coughing</p> <p style="text-align: center;">Work/benefits/finance</p>	<p style="text-align: center;">My mood</p> <p style="text-align: center;">Giving up smoking</p> <p style="text-align: center;">Alcohol</p> <p style="text-align: center;">Sleep</p> <p style="text-align: center;">Sexual health</p> <p style="text-align: center;">Physical activity</p> <p style="text-align: center;">Stamina</p> <p style="text-align: center;">Driving/travel</p> <p style="text-align: center;">Feeling anxious</p>

**The following websites and organisations provide information on living with and looking after asthma and giving up smoking:**

- Asthma UK ([www.asthma.org.uk](http://www.asthma.org.uk))
- 'mylungsmylife' ([www.mylungsmylife.org](http://www.mylungsmylife.org))
- NHS stop smoking ([www.nhs.uk/livewell/smoking](http://www.nhs.uk/livewell/smoking))

The following link takes you to videos that demonstrate the best way to take your inhaler:

<https://www.asthma.org.uk/advice/inhalers-medicines-treatments/using-inhalers>

**These questions will help you think about how your asthma affects your everyday life. Please complete before you attend your appointment.**

<b>In the last week (or month)</b>	<b>Yes/No</b>	<b>If so how many days/nights?</b>
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 (e.g. housework, work/school etc.)?		
4 Are you using your inhalers regularly? <ul style="list-style-type: none"> <li>• Preventer (Usually brown in colour)</li> <li>• Reliever (Usually blue in colour)</li> </ul>		

<b>Smoking can be a trigger for an asthma flare up. Stopping smoking is one of the best things you can do to stay healthy.</b>	<b>Yes</b>	<b>No</b>	<b>Not applicable</b>
Would you like help with stopping smoking?			

<b>On a scale of 1-10 how confident do you feel about : (1= low, 10 = high)</b>	<b>Score</b>
1. How and when to use your inhalers (relievers and preventers)	
2. Recognising and managing triggers	
3. Knowing what to do if you have an asthma attack	

<b>Tests (some or all may be completed at your care planning appointment)</b>
<b>Lung and breathing tests and checks</b>
<b>PEFR</b> Peak Expiratory Flow Rate - this test measures the maximum speed you can breathe out air. A low peak flow score can help you spot when your asthma's getting worse. <b>My normal peak flow is .....</b>
<b>General health and wellbeing issues</b>
<b>Weight (kg)</b> - being overweight can make your condition more difficult to control and can increase your risk of other health problems. Weight loss improves asthma control. Being underweight can also increase your risk of health problems. <b>My weight is .....</b>
<b>BMI</b> Body Mass Index - uses your height and weight to work out if your weight is healthy. A BMI of between 18.5 and 25 is ideal. <b>My BMI is .....</b>