

At Check-in • Asthma intake form\* that asks about: frequency of rescue medication use, limitations of activities, frequency of day/nighttime symptoms, and asthma ED/hospitalizations

Assess asthma control: Asthma Control Test (ACT)™

As available: spirometry, FeNo, peak flow

\*Find form templates and other resources at GetAsthmaHelp.org/15

## MINUTES

## **Review Check-in Materials & Assess**

Control: ACT<sup>™</sup>, breathing tests

are taken

• Risk: number of ED visits, hospitalizations, systemic steroids in past 12 months

How often control & rescue medications

Barriers to self-management

 Choose or adjust medications based on step therapy approach & insurance coverage

MINUTES

Tx Plan & Educate

- Troubleshoot access and selfmanagement barriers
- Review rescue vs. controller medications & device technique -
  - 11 refills for SMART & other controllers
  - 2 refills for SABA + ICS & LABA + ICS (more if needed for EIB)
  - 1 refill for SABA
  - Give trigger guidance & update vaccines as needed
    - Create and review asthma action plan, including when to call the doctor, repeat back
      - Complete school permission to carry medication form,
        - if needed
          - · Set goals and decide on a follow-up visit based on control/medication plan



- **MINUTES** A Physical Exam
- May be normal
  - Look for signs of allergy and eczema