

Asthma Control Checklist

Interviewer: _____
Date: _____
Name of adult answering questions: _____
Relationship to Child: _____
Name of child: _____
Child's Date of Birth: _____

During the past two weeks, how often has your child had coughing, wheezing or shortness of breath during the day?

- Every day More than two times a week, but not every day
 Two times a week or less Never

During the past two weeks, how often has your child had coughing, wheezing or shortness of breath during the night?

- Every night More than one night a week, but not every night One night a week
 One night every two weeks or less Never

During the past two weeks, how often did your child...

Have to slow down or stop play because of asthma, wheezing, cough or trouble breathing?

- More than two times a week Two times a week or less None

Miss school, daycare, camp, or other activity because of asthma, wheezing, coughing or trouble breathing?

- More than two times a week Two times a week or less None

In the past two weeks, how often did your child take any quick-relief medicine (Albuterol, Proventil, Ventolin, Maxair, Tonalate or Xopenex) for coughing, wheezing or shortness of breath or tightness in the chest?

- More than two times a week Two times a week or less None
 My child does not take quick-relief medicine for asthma

In the past six months, has your child been to the emergency room or been hospitalized for asthma?

- ER visits? YES NO If yes, how many? _____
Hospitalizations? YES NO If yes, how many? _____

EXPLAIN TO THE PARENT:

Asthma Action Plan. An Asthma Action Plan is a written set of instructions for how to manage your child's asthma. An Asthma Action Plan describes which medicines to take and when to take them and what to do during an asthma episode. Does your child have an Asthma Action Plan?

- YES NO I DON'T KNOW

If "NO" or "I don't know," give the parent a copy of an Asthma Action Plan and suggest they bring this checklist and the asthma action plan to their clinic at their next visit and ask if their child should have an Asthma Action Plan.

Peak Flow Meter. If the child is six years old or above and has regular asthma symptoms, show them the peak flow meter. A peak flow meter is a way to test breathing at home. It can help you know when asthma is getting worse, sometimes even before you feel asthma symptoms. It can help you know when to contact the doctor or when to take medicine. Do you have a peak flow meter?

- YES NO I DON'T KNOW

What do you want to ask your doctor or nurse? _____

