



Please fill out this form and give it to your doctor. Your answers will help us work with you to keep your asthma under control.

Your name _____

Date _____ Medical record # _____

1. Overall, how is your asthma?

- ☐ About the same as usual
- ☐ It seems to be getting better
- ☐ It seems to be getting worse

2. Sometimes asthma makes it hard to do things in everyday life. During the *past 4 weeks*, has asthma kept you from doing things or made you miss time at school or work?

- ☐ yes ☐ no

3. Sometimes people with asthma wake up at night from coughing and wheezing. During the *past 4 weeks*, has this happened to you?

- ☐ yes ☐ no

4. During the *past 6 months*, have you gone to the emergency room or urgent care because of problems with asthma?

- ☐ yes ☐ no

5. Have you had to stay overnight in the hospital for your asthma any time during the *past 12 months*?

- ☐ yes ☐ no

6. Do you usually take medicine for asthma **every day**, even when you are not having any asthma problems?

- ☐ yes →

Which kinds do you take?

 - ☐ prescription medicine
 - ☐ medicine I buy without a doctor's prescription
- ☐ no

7. When you have an asthma attack, what kinds of asthma medicine do you usually take?
(Mark one or more boxes to show your answer)

- ☐ Prescription medicine
- ☐ Medicine I buy without a doctor's prescription
- ☐ I don't get asthma attacks

8. Has a doctor, nurse, or pharmacist taught you how to use your asthma inhalers?

- ☐ yes ☐ no

9. Do you use a spacer for any of your asthma medicines?

- ☐ yes ☐ no ☐ don't know

10. Do you have a written Asthma Action Plan?

- ☐ yes ☐ no ☐ don't know

11. Do you have a peak flow meter?

- ☐ yes ☐ no ☐ don't know

12. If you would like to know more about any of the following topics, please mark the box:

- ☐ Ways to help *prevent* asthma attacks
- ☐ Safety of taking asthma medicines
- ☐ Second-hand tobacco smoke (breathing the smoke from other people's cigarettes, cigars, and pipes)
- ☐ Getting help to quit smoking
- ☐ Other things you want to talk about during your visit today:
