

Asthma: A Checklist For Your Doctor

STAGE OF CARE:	YOUR DOCTOR SHOULD:
Diagnosis & Every Visit	<ul style="list-style-type: none"> ✓ Give you a physical exam. ✓ Check for wheezing and/or coughing. ✓ Check how often breathing problems happen. ✓ Prescribe medication(s). ✓ Make a written action plan to manage your asthma. ✓ Give you flu/pneumonia shots as needed. ✓ Check for other problems (acid reflux, heart failure).
Ongoing Care	<ul style="list-style-type: none"> ✓ Make sure your blood pressure is less than 130/80. ✓ Check your asthma action plan progress. ✓ Discuss what you can do to avoid triggers. ✓ Teach you how to use peak flow meters, inhalers and medicines.
Flare-Ups, Worsening Symptoms and/or Acute Episodes	<ul style="list-style-type: none"> ✓ Prescribe fast-acting, inhaled medicine. ✓ Prescribe oral steroid when problems are not solved with inhaled medicines.