



Healthcare Provider Checklist

Use this handy checklist to make the most out of your next visit with your child's healthcare provider. It will help you keep track of what has taken place since your child's last visit and compile a list of questions you may want to ask during the visit.

Important Info

Name: _____ Date of Birth: _____

Date of healthcare visit: _____

Keep track of what's happened since your last visit.

Possible Changes to Asthma Symptoms	More Often	About the Same	Less Often
Shortness of breath			
Coughing, especially at night			
Wheezing			
Tightness, pain or pressure in the chest			
Awakenings during sleep			
Using rescue medicine			

Are there any other changes in your child's activities related to his or her asthma? (e.g. missed school days or avoided strenuous play)?

How many times has your child used their rescue medication? What were the circumstances? How quickly did it work?

Have you noticed any side effects from any of the medicines you've used since your last visit?

Healthcare Provider Checklist

page 2 of 3

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Possible changes to asthma symptoms?

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Do you notice any patterns or triggers that seem to bring on asthma symptoms in your child?
These might include: foods, exercise, sleeping, weather, emotions, etc.

Make a list of questions you'd like to ask your healthcare provider.

Take the time before your next visit with your healthcare provider to think of any questions you might have. Here are some to get you started.

Is my child's Asthma Action Plan up-to-date?

.....
Should I be concerned about my child's asthma symptoms?

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What are my child's triggers for an asthma attack?

.....
What changes can I make at home?

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Should my child be taking an asthma controller medicine? What is the right kind?

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How is my child's rescue medicine working to treat asthma symptoms?

.....
Do you have any educational materials?

.....
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Healthcare Provider Checklist

page 3 of 3

Are there alternative medications that my child could be taking to treat their asthma?

Your Question:

Make the most of your visit.

- Address your most important questions and concerns first.
- Take notes during the visit.
- Make sure you understand all of your healthcare provider's answers. If you don't, it is important to ask your healthcare provider to explain their answer in clear terms. They are your best resource for helping you care for your child.

Notes

Use this space to write down important information.