

This guide is to support healthcare professionals with asthma reviews in adults and children >12 years



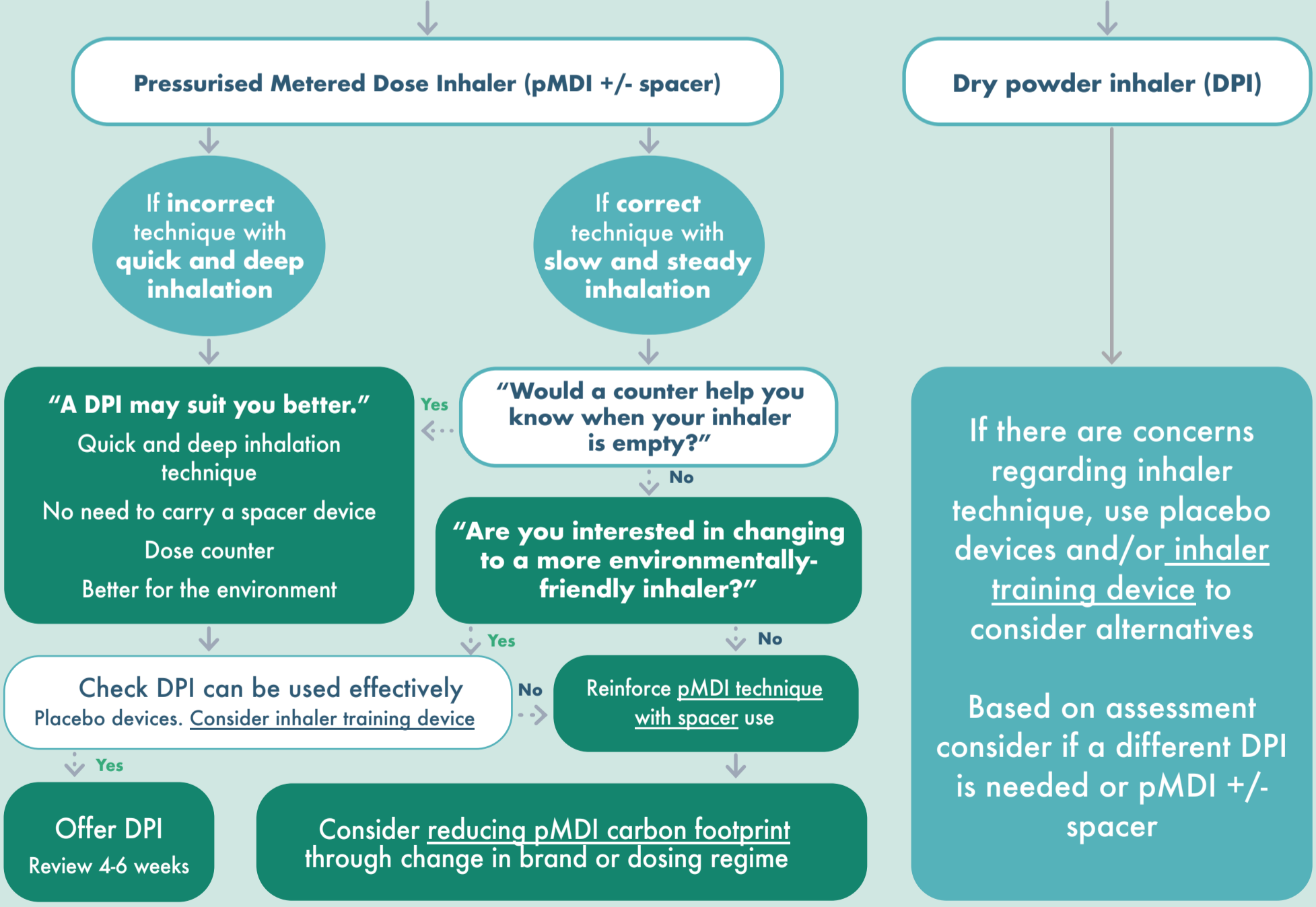
- "How is your asthma affecting you?"**  
 Disease control scores, impact on life, triggers and risks.
- "What do you do when your asthma gets worse?"**  
 Review personalised asthma action plan (PAAP). Do they have a peak flow meter?
- "How often are you using your inhalers?"**  
 Address any concerns. Check record for number of preventer and reliever inhalers issued.

**Education**  
 "Has anyone explained what asthma is and how your inhalers work?" [Airways diagram](#)

**Control & Adherence**  
 "What will help you remember to take your preventer inhaler regularly?"  
 "Many people benefit from using just one inhaler that contains both the preventer and rescue medicine" (ICS-formoterol)

**Self-management**  
 "Let's talk through how to manage your asthma and what to do if it gets worse"  
 Triggers (inc. [air quality](#), [housing](#)), [smoking](#), [breathing techniques](#), [PAAP](#).

## "Show me how you use your inhalers"



"Remember to take used or unwanted inhalers to the pharmacy for environmentally friendly disposal"

