

## Pediatric Asthma Education Checklist

Please review education topics and resources with patient/caregiver. Check boxes can be initialed when teaching is complete. To utilize a phone interpreter, call Provincial Language Services at 604-297-8400 (1-877-BC TALKS (228-2557)).

Provide link/QR code to educational video - [Childhood Asthma: A Guide for Families and Caregivers](#) (available in [Simple Chinese](#), [Traditional Chinese](#), [Punjabi](#) and [Spanish](#))



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### Airways: Review the basics of asthma

- ☐ Airway inflammation (swelling), increased mucous, tight airway muscles (can be intermittent/variable in nature)
- ☐ Chronic inflammation can result in difficulty moving air through the lungs and persistent symptoms

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### Symptoms: Review symptoms and asthma control

- ☐ Good asthma control (Green Zone of [Asthma Action Plan](#)): improved quality of life, no emergency/urgent care visits and rescue medication used no more than 2 times per week, not missing school or activities due to asthma
- ☐ Worsening control (Yellow Zone of [Asthma Action Plan](#)): coughing, wheezing, having a hard time breathing, nighttime coughing
- ☐ Signs to watch for: trouble breathing, breathing faster, nasal flaring, indrawing, cannot take a breath, inability to speak in full sentences

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### Technique & Triggers: Review triggers. Assess technique and demonstrate optimal technique

- ☐ Review asthma triggers: colds, environmental exposure (i.e. cannabis, [cigarettes](#), allergies). Circle triggers on the patient's [Asthma Action Plan](#)
- ☐ Trigger avoidance can reduce the amount of medication needed to control the patient's asthma and can reduce asthma symptoms
- ☐ Assess MDI/spacer technique: patient/caregiver to demonstrate
- ☐ Ensure correct device, correct dosage and [dose counting](#) (do they know [how many doses are available](#) and when it is empty?)
- ☐ Recommend annual flu vaccine

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### Help: Discuss when and where to go for help

#### 911/emergency:

- ☐ Needing rescue medications more than every four hours (e.g. salbutamol maximum 4 puffs q4h)
- ☐ Having difficulty breathing even after taking rescue medication
- ☐ Review Red Zone of [Asthma Action Plan](#)

#### Local health care practitioner:

- ☐ Needing rescue medication every 4 hours or symptoms not improving after 24 hours

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### Medications: Review asthma medications; what they are for and when to use them

- ☐ **Reliever/Rescue** (often a blue inhaler): quick, temporary relief of airway constriction; should be needed less than twice per week
- ☐ **Preventer/Controller**: Use every day to control airway swelling and inflammation
- ☐ Review recommendation for length of trial/treatment (do not discontinue preventer until reviewed with primary care provider, asthma specialist or pediatrician)
- ☐ Discharge Plan: Medications, prescription and follow up instructions. Review potential barriers to filling prescriptions (financial or transportation). Refer to pediatrician or [Asthma Clinic](#) if available
- ☐ Complete [Special Authority](#) request for medication if required

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### Asthma Action Plan and Asthma Wallet Card

- ☐ Fillable Asthma Action Plans for ages 1-5, 6-11 and 12-17 years are available in multiple languages and can be filled out and provided to families on discharge [www.bcguidelines.ca](http://www.bcguidelines.ca)
- ☐ Ensure review of asthma control, asthma action plan and adherence at least every 6 months
- ☐ Initiate or update CHBC [Asthma Wallet Card](#)