

Instructions for healthcare professionals

Please review education topics with patient/family and initial beside each topic to indicate completion.



**Review the basics of asthma.**

- Airway inflammation (swelling), increased mucous, tight airway muscles and can be intermittent/variable in nature.



**Review symptoms and asthma control.**

- Coughing, wheezing, having hard time breathing.
- Knowing what signs to watch for; trouble breathing, breathing faster, nasal flaring, indrawing, can't take a deep breath.



**Assess technique and demonstrate optimal technique. Review triggers.**

- Assess MDI/spacer technique and device recommendations
- Not everyone has the same triggers and it is important for patients to know what their triggers are (e.g. colds, smoke, allergies). Indicate triggers on the patient's individual action plan.
- Trigger avoidance can reduce the amount of medication needed to control the patient's asthma and can reduce asthma symptoms.



**Discuss when and where to go for help. When to go to the Emergency Department.**

- Needing Rescue medications more than every four hours
- Or having difficulty breathing even after taking rescue medication



**Review asthma medications; what they are for and when to use them.**

- *Reliever/Rescue* (often a blue inhaler): Use as needed to help breathing get better. It works by temporarily relaxing muscles around the airway.
- *Preventer/Controller*: Use every day to control airway swelling and inflammation.
- Discharge Plan: Medications, prescription and follow up instructions.



**Review asthma action plan.**

- Asthma fillable action plans for ages 1-5 years and 6-18 years are available and can be filled out and provided to families on discharge [www.bcguidelines.ca](http://www.bcguidelines.ca)