

Top Ten Tips

Asthma Patient Consultation

1. Confirm you have the correct diagnosis
2. Investigate
 - Peak Flow Readings
 - Post bronchodilator spirometry
 - BMI
 - ENO
3. What is the presenting symptom, and ask about previous symptoms
 - When did it come on?
 - What makes it worse / better?
 - Is there any rhinitis?
4. What is the person's history
 - Occupation
 - Exposure to Noxious substances
 - Pets
 - Smoking history and is there any willingness to think about stopping? Ask, Advise, Act.
5. Assess functional status
 - RCP three questions
 - ACT score
6. Examination – look, listen, feel
 - Pulse rate
 - Respiratory Rate
 - Breathing pattern
 - Hyperventilation
 - Chest sounds - Palpation, percussion and auscultation
7. Discuss lifestyle, education, beliefs and self-management
8. Check treatment adherence
 - Have you checked pick up rates from prescriptions?
 - Does the patient know what medication to take, and when?
 - What are their views of asthma control?
 - What are their views on inhaled steroids?
 - Check inhaler technique at every opportunity
9. Do you need to step up or step down treatment?
10. Arrange regular reviews



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