

## Asthma Visit Checklist for the Child and Family

### Asthma Control:

- How well has the child's asthma been controlled during the past school year?
  - Has the child had an asthma flare or attack?
  - Has the child missed school due to asthma?
- Has the child's play been limited because of asthma?
- What triggers the child's asthma?
- Are there triggers at school that worsen the child's asthma?

### Asthma Medicines at School:

- Does the child have rescue medicine to be given at school?
  - Does the child need to have a spacer at school to use with their inhaler?
  - Does the child need reliever before physical education or gym class? If so, which one?
- Would it be helpful to have the child take their daily asthma inhaler ("controller medicine") at school?
- Can the child carry and use their own rescue inhaler?
- Is the child comfortable using their inhaler (with spacer if needed)?

### Asthma Action Plan:

- Does the child have an Asthma Action Plan from their asthma care provider or doctor at home and at school?
- Does the child and family know how to use the asthma action plan to help when the child has asthma symptoms?

### Forms and Contacts:

- Have you given the school nurse the name of the child's asthma care provider and their clinic phone number and address?
- Have you given the school the following forms:
  - A copy of the child's Asthma Action Plan
  - Orders from the child's clinic to give asthma medicines at school.
  - Orders from the child's clinic for the child to self-carry and use their rescue inhaler
  - A signed release of information so that the school nurse may talk with the child's clinic