Frequent contact, including more frequent planned visits. People who measure RED or YELLOW should have more (GREEN indicator measured) should be seen every 6 months.

Frequency of visits: People with well-controlled asthma

Sequence for care for a planned visit. This protocol for asthma care will not be the full for a planned visit. Patients often have multiple diagnoses, Patient: Person with diagnoses of asthma coming to SC.

Asthma Planned Visit Protocol
and agreement and plan follow up.

- Review the updated Asthma Action Plan
- Ask patient if proper inhaler technique has been reviewed. Review if necessary.
- Has patient continued using metered dose inhaler?
- Quality measures:
  1. Does this patient have normal FEV1 and FVC?
  2. Have you used your inhaler to achieve your target goal?
  3. Normal activity (no, minor, some, or extreme)?
  4. Asthma symptoms in the past month, has asthma interfered with your daily activities?

- Have you had exacerbations of asthma?

- have had exacerbations of asthma?
- Have you used your inhaler to achieve your target goal?
- Normal activity (no, minor, some, or extreme)?
- Asthma symptoms in the past month, has asthma interfered with your daily activities?

- Wheezing?

- With chest tightness, cough, shortness of breath, or wheezing?
- In the past month, how often do you wake up at night?
- In the past month, how often have you used your rescue inhaler?
- In the past month, how often have you used your rescue inhaler?
- In the past month, how often have you used your rescue inhaler?

- Percent of days in the past week you have used rescue inhaler:
- How many times in the past week have you used your rescue inhaler?

- The following:
  - During an asthma control questionnaire before asking:
  - What was the most significant difficulty you encountered? Do you have any specific asthma control issues?
  - How often do you use your rescue inhaler?

- Document results in Epic.

- Order spirometry in Epic.

- Spirometry:

- Content of Planned Visit:

- In addition to following the planned visit flow, people with asthma need specific education. Start the visit with asthma specific education.

- Converstion:

   - How often do you use your rescue inhaler?

   - How many days in the past week have you used your rescue inhaler?

   - The following:
     - During an asthma control questionnaire before asking:
     - What was the most significant difficulty you encountered? Do you have any specific asthma control issues?
     - How often do you use your rescue inhaler?

   - Document results in Epic.

   - Order spirometry in Epic.

   - Spirometry:
Asthma Control Questionnaire

<table>
<thead>
<tr>
<th>Severity</th>
<th>RED</th>
<th>YELLOW</th>
<th>GREEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Persistent exacerbations</td>
<td>Moderate or severe</td>
<td>Persistent mild</td>
<td>Intermittent</td>
</tr>
<tr>
<td>Exacerbations</td>
<td>&gt; 2 days/week</td>
<td>&gt; 2 days /week but not daily</td>
<td>not daily</td>
</tr>
<tr>
<td>Nighttime symptoms</td>
<td>&gt; 3-4 x/month</td>
<td>&gt; 2 x/month but not daily</td>
<td>not daily</td>
</tr>
<tr>
<td>Daytime symptoms</td>
<td>&gt; 2 x/week but not daily</td>
<td>&gt; 2 x/week</td>
<td>not daily</td>
</tr>
<tr>
<td>Exertional breathlessness</td>
<td>&gt; 2 x/day</td>
<td>&gt; 2 x/day but not daily</td>
<td>not daily</td>
</tr>
<tr>
<td>Activity limitation</td>
<td>None</td>
<td>Minor limitation</td>
<td>Moderate limitation</td>
</tr>
</tbody>
</table>
| Lung function with normal FEV1/FVC | Normal FEV1/FVC predicted | FEV1/FVC predicted > 80% for age, gender and height | FEV1/FVC predicted > 80% | FEV1 > 60% FVC%

Any patient who has had 2 or more exacerbations during the previous year are at risk of persistent asthma, even "persistent" asthma if levels of impairment in the absence of exacerbations are consistent with persistent asthma. Even if FEV1/FVC is normal, plaen reports between 80% and normal FEV1/FVC predicted can still indicate persistent asthma.
FIGURE 3-1. HOW TO USE YOUR PEAK FLOW METER

1. Hold your breath. Blowing your lungs
2. Stand up
3. Minimize stress. Place your mouth
4. Measure your peak flow rate in miles per hour
5. Blow as hard as you can for 3 to 5 seconds
6. Watch your peak flow meter
7. Record your best peak flow number

Find your Personal Best Peak Flow

1. Check your mirrors and take off your mask
2. Breathe in through your nose
3. Check with your healthcare provider to see if you can...
4. Measure your peak flow number

Tips for Using Your Inhaler

1. Keep your inhaler on hand
2. Use it regularly
3. Check the expiration date
4. Follow the manufacturer's instructions

Steps for Using Your Inhaler

1. Check the expiration date of your inhaler
2. Shake the inhaler well
3. Remove the cap and shake the canister
4. Hold the inhaler 2 to 3 inches from your mouth
5. Open the inhaler slow
6. Breathe in slowly through your mouth
7. Keep your breath held for 10 to 15 seconds
8. Withdraw the inhaler from your mouth

FIGURE 3-2. 2. Education in Preventing Asthma Care