



ADVANCED PEDIATRIC ASSOCIATES  
Hand in Hand for Healthy Kids

**ASTHMA FOLLOW-UP VISIT INFORMATION**

Dear Parent:

Advanced Pediatrics is committed to providing the most advanced care available for children with asthma. Our goals are to help your child maintain normal lung function and activity levels as well as prevent chronic symptoms and reduce acute attacks. In order to accomplish these goals, it is important that we see your child for asthma follow-ups on a regular basis.

In preparation for your appointment, we ask that you complete two forms and bring them to the visit: 1) the Asthma Registry form and (2) the Asthma Control Test (ACT). In addition we ask that you bring all your medications to your appointment as it is important to verify the name and dosage of all medications. Additionally, as part of the visit we will normally have your child do a ***spirometry test*** (see spirometry handout for more information) and need to have your child's ***rescue inhaler and spacer device*** (most often albuterol) at the visit.

If you have any questions, please feel free to call our Patient Care line at 303- 699-6200 and choose to speak to one of our nurses.

Sincerely,

APA Providers

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Appointments: 303-699-6200  
Medication Refills: 720- 870-0244



Today's Date: \_\_\_\_\_

Patient's Name: \_\_\_\_\_

FOR PATIENTS:

# Take the Asthma Control Test™ (ACT) for people 12 yrs and older. Know your score. Share your results with your doctor.

Step 1 Write the number of each answer in the score box provided.

Step 2 Add up each score box for your total.

Step 3 Take the test to the doctor to talk about your score.

1. In the past 4 weeks, how much of the time did your asthma keep you from getting as much done at work, school or at home?

All of the time	1	Most of the time	2	Some of the time	3	A little of the time	4	None of the time	5
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Score

2. During the past 4 weeks, how often have you had shortness of breath?

More than once a day	1	Once a day	2	3 to 6 times a week	3	Once or twice a week	4	Not at all	5
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3. During the past 4 weeks, how often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

4 or more nights a week	1	2 or 3 nights a week	2	Once a week	3	Once or twice	4	Not at all	5
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4. During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as albuterol)?

3 or more times per day	1	1 or 2 times per day	2	2 or 3 times per week	3	Once a week or less	4	Not at all	5
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5. How would you rate your asthma control during the past 4 weeks?

Not controlled at all	1	Poorly controlled	2	Somewhat controlled	3	Well controlled	4	Completely controlled	5
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The American Lung Association supports the Asthma Control Test and does not endorse products.

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Total

**If your score is 19 or less, your asthma may not be controlled as well as it could be. Talk to your doctor.**

FOR PHYSICIANS:

### The ACT is:

- Clinically validated by spirometry and specialist assessment<sup>1</sup>
- Supported by the American Lung Association
- A self-administered, brief, 5-question assessment that can help you assess your patients' asthma during the past 4 weeks

Reference: 1. Nathan RA et al. *J Allergy Clin Immunol.* 2004;113:59-65.



GlaxoSmithKline

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## ASTHMA DATA COLLECTION FORM

<b>Patient Name:</b>	<b>Provider Name:</b>
<b>Date of Birth:</b>	Other Patient Identifier (office use):
<b>Date of Visit:</b>	<b>Insurance Company:</b>

### Parents – Please complete the following section:

1. Has your child visited the Emergency Room or Urgent Care due to <b>asthma</b> in the last 6 months? <input type="checkbox"/> Yes <input type="checkbox"/> No	
2. Has your child been admitted to the hospital due to <b>asthma</b> in the last 6 months? <input type="checkbox"/> Yes <input type="checkbox"/> No	
3. How many days of work have you and/or your spouse missed due to your child's <b>asthma</b> in the last 6 months?	<input type="text"/>
4. How many days of school has your child missed due to <b>asthma</b> in the last 6 months?	<input type="text"/>
5. Does your child have recurrent nose and/or eye symptoms (running nose, nose rubbing, sneezing) in the spring or fall? <input type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Please Take the Asthma Control Test™</b>	
Total Score <input type="text"/>	

Version 10.01.15

**Please DO NOT complete anything beyond this point. The opposite side of the page is for OFFICE USE ONLY.**



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# SPIROMETRY

Spirometry is a quick, painless test in which a handheld device called a spirometer measures how much air a person's lungs can hold (air volume) and the speed of inhalations and exhalations during breathing (flow rate). The spirometer has two pieces: a mouthpiece and a tube that connects to a machine which records and displays the results.

Spirometry tells how well the lungs are working. It's used to help diagnose and monitor diseases that affect the lungs and make breathing difficult, such as asthma and cystic fibrosis. It can also be used to find the cause of shortness of breath, coughing, or wheezing; monitor treatment of respiratory problems, or evaluate lung functioning before surgery.

Before the test, your child should avoid cold medicines, caffeine, carbonated beverages, and exposure to tobacco smoke. Your child also should avoid eating a big meal before the test. If your child is taking any medications, the provider might have your child stop taking them for a certain amount of time before the test. It may also help to have your child practice for the test, such as by pretending to blow out birthday candles or blowing air at a pinwheel. On the day of the test, make sure that your child doesn't wear tight clothing that could interfere with the ability to breathe in and out deeply.

Cooperation is essential for accurate results. Your child will be standing and will wear soft nose clips to prevent air from escaping. Typically, your child will be asked to take a very deep breath, place the device in his or her mouth with the lips sealed securely around the mouthpiece, and then exhale as fast and hard as possible for as long as possible. The test may be repeated several times to confirm the accuracy of the results and is often performed before and after an inhaled asthma medication called a bronchodilator is administered. This can help determine whether a lung problem can be treated with specific medications. Spirometry usually takes 5-30 minutes, depending on the number of times the test must be done. The test should be completely painless though occasionally some children may experience temporary shortness of breath or lightheadedness. This test shouldn't be performed on kids who have chest pain, a recent history of eye or abdominal surgery, or serious heart disease.

Your provider will review the results and explain what they mean. The results are expressed as percentages and are generally considered abnormal if they're less than 80% of the normal value based on your child's age, gender, height, and weight. If you have questions or concerns about spirometry, be sure to ask us.

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