

EXPECTATIONS FOR STANDARDS OF CARE FOR STUDENTS WITH ASTHMA

General Goals of Asthma Therapy:

- Prevent asthma symptoms during the day and night:
 - No sleep disruption by asthma
 - No missed school or work days due to asthma
 - No or minimal visits to the Emergency Room
 - No or minimal hospitalizations
- Maintain normal or nearly normal activity levels including exercise & other physical activities
- Have normal or nearly normal lung function
- Be satisfied with your asthma care and comfortable asking your healthcare provider to explain things you don't quite understand
- Have no or minimal side effects while receiving optimal medications
- Significantly reduce or eliminate attacks
- Enhance long-term health by taking anti-inflammatory medications regularly



Asthma Patients Should Expect Their Doctor to:

- Take a medical history
- A thorough physical exam
- Check lung function
- Exclude a diagnosis, including severity level and whether the asthma is controlled or uncontrolled
- Discuss benefits of flu shots and administer them as appropriate
- Develop and agree on a shared set of goals for asthma therapy
- Create an individualized treatment plan to include:
 - controlling triggers for asthma
 - a medication plan
- Gradually “step down” or reduce long-term control medications when the goals of the therapy are reached
- “Step up” or increase long term control medications if asthma is poorly controlled
- Monitor and manage your asthma over time
- Establish a health care team between the patient, physician and other caregivers
- Provide education for prevention and self-care
- Listen to and answer your questions
- Refer you to a specialist (allergist or Lung doctor) if asthma goals are not being met

*Source: Arizona Asthma Coalition © (1999)
reviewed by Asthma Ready® Communities Staff
(2010).*