



## Severe Asthma Treatment Decision-Making Worksheet and Plan

### **Making the Most of your Doctor Visits**

Before you go to your next appointment, make a habit to write down things you want to talk about. This will make the visits more useful for both you and your healthcare provider.

#### How to use this worksheet:

- 1) Review the My Asthma Control Assessment summary report and the treatment goals portion on the next page. Spend some time thinking about what is most important to you.
- 2) Ask your healthcare provider to complete the worksheet with you. This will lead to important conversation and understanding about your treatment plan.
- 3) Use the questions below as conversation starters.

Assessing & Monitoring Asthma Self-Management								
Medication Technique & Adherence	Treatment Options (personalized medicine)	Treatment Goals	Benefits & Side Effects					
Which method of delivery is right for me? (Nebulizer, Metered Dose Inhaler with valved holding chamber (spacer), Dry Powder Inhaler (breath-activated))  Am I taking my medicines properly? (the right medicine, the right way, at the right time)  What causes you not to take your medicines as prescribed? (barriers—what's getting in the way?)  How much will this treatment cost?  Is it covered by my health insurance?	How is this treatment given and how often? How often will I need to see my doctor on this treatment and what should I expect at each visit (exam, blood draw, tests, costs, etc.)? What other treatments area available for people with my type of asthma?	How effective is this treatment? How long will the treatment take to reach full effectiveness? How long do I stay on this treatment? Do I use this medicine in addition to current medicines? How will this treatment benefit my quality of life?	What are the most common side effects of this treatment?      What are potentially severe side effects of this treatment?      Is there a way to prevent these side effects?      What are the benefits of this treatment plan?					

- 4) What you need to tell your healthcare provider:
  - · Symptoms and the number of days that you have had these symptoms
  - Peak flow reading (if available)
  - List of known asthma triggers
  - List of medicines, dose and when you take your medicines
  - · Whether or not you think your asthma medicines are working
  - List any side effects

#### If this is your first visit, consider these additional questions to ask as well as what to bring with you:

Asthma Action Plan

Do I have one? Am I following it?

Trigger Assessment

Do I know my asthma triggers?

Other Health Conditions

How are my other health conditions affected by my asthma? Or, how do my other health conditions affect my asthma?

• Referral to an asthma specialist (Allergist or Pulmonologist)

Why do I need a specialist?

How do I know when to see a specialist?

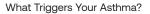
### Prepare for your visit with your healthcare provider:

- Bring a copy of your medical records or a short note describing your health problems, when they occurred and the healthcare provider's name who most recently cared for you.
- Take a list of all the medicines you are now using. Be sure to include over-the-counter medicines, herbs and supplements.
- Make a list of all the healthcare providers you see and why you see them.
- Make a list of the symptoms you are having and note which ones bother you the most. Also, write down when they started and what you have done, if anything, to make them better.

The following form is helpful to document the information you will need to discuss with your healthcare provider.

Print and complete our Get Ready for Your Next Office Visit form prior to your next office visit.







Reduce Asthma Triggers



Avoiding Asthma Triggers

- **5)** When you are thinking about the pros and cons of your treatment option, you might also want to ask these questions:
  - Will this treatment impact my home and work life? (e.g., travel assistance, frequency of doctor visits and at-home support.)
  - How much will this treatment cost me?
- 6) Ask for support as you review the information. Find out if there is an asthma educator, care-coordinator, nurse navigator or patient advocate where you are being treated who can help you talk through all the information.



Treatment Decision-Making Worksheet



My Severe Asthma Treatment Plan



Asthma Medicine Schedule



# Treatment Decision-Making Worksheet

My Type of Severe Asthma			My Treatment Goals			
Type:			•			
Biomarkers:			•			
Any other health issues:			Help your doctor understand your treatment preferences by circling what is most important to you during your severe asthma treatment:			
				1) Controlling my severe asthma at any cost		
				2) Maintaining a good quality of life		
			1	nding a balance betwe can and controlling my	_	
Treatment option	Goal of this treatment option	Poss Side E	sible Effects	Pros	Cons	
Treatment option	Goal of this treatment option		sible Effects	Pros	Cons	



## **My Severe Asthma Treatment Plan**

### **My Plan**

Date		
Treatment plan		
Schedule		
Who to Contact with Questions/ Concerns		
Resources		
Notes/Questions:		

Regular care is part of your asthma treatment plan. Don't wait until you have problems to see a healthcare provider. Follow these tips to make your asthma medical visits more productive.

Development of this educational resource was generously supported by Sanofi Genzyme and Regeneron.