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

<table>
<thead>
<tr>
<th>Medication Technique &amp; Adherence</th>
<th>Treatment Options (personalized medicine)</th>
<th>Treatment Goals</th>
<th>Benefits &amp; Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Which method of delivery is right for me? (Nebulizer, Metered Dose Inhaler with valved holding chamber (spacer), Dry Powder Inhaler (breath-activated))</td>
<td>• How is this treatment given and how often?</td>
<td>• How effective is this treatment?</td>
<td>• What are the most common side effects of this treatment?</td>
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<td>• Am I taking my medicines properly? (the right medicine, the right way, at the right time)</td>
<td>• 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.)?</td>
<td>• How long will the treatment take to reach full effectiveness?</td>
<td>• What are potentially severe side effects of this treatment?</td>
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<tr>
<td>• What causes you not to take your medicines as prescribed? (barriers—what’s getting in the way?)</td>
<td>• What other treatments area available for people with my type of asthma?</td>
<td>• How long do I stay on this treatment?</td>
<td>• Is there a way to prevent these side effects?</td>
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<td>• How much will this treatment cost?</td>
<td></td>
<td>• Do I use this medicine in addition to current medicines?</td>
<td>• What are the benefits of this treatment plan?</td>
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<tr>
<td>• Is it covered by my health insurance?</td>
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<td>• How will this treatment benefit my quality of life?</td>
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</table>

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.*

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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.

7) Work with your healthcare provider to **fill out the following forms** to help you decide which treatment option is best for you and to start your treatment plan.

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**What Triggers Your Asthma?**

**Reduce Asthma Triggers**

**Avoiding Asthma Triggers**

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**Treatment Decision-Making Worksheet**

**My Severe Asthma Treatment Plan**

**Asthma Medicine Schedule**
My Type of Severe Asthma

Type: ____________________________
Biomarkers: ______________________
Any other health issues: __________

My Treatment Goals

• ________________________________
• ________________________________

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
3) Finding a balance between feeling the best I can and controlling my severe asthma

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<th>POSSIBLE SIDE EFFECTS</th>
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### My Severe Asthma Treatment Plan

#### MY PLAN

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<td>TREATMENT PLAN</td>
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<td>SCHEDULE</td>
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<td>RESOURCES</td>
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**Notes/Questions:** ____________________________________________________________

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*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.