



# 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 <i>(personalized medicine)</i>	Treatment Goals	Benefits & Side Effects
<ul style="list-style-type: none"> <li>• Which method of delivery is right for me? (<i>Nebulizer, Metered Dose Inhaler with valved holding chamber (spacer), Dry Powder Inhaler (breath-activated)</i>)</li> <li>• Am I taking my medicines properly? (<i>the right medicine, the right way, at the right time</i>)</li> <li>• What causes you not to take your medicines as prescribed? (<i>barriers—what's getting in the way?</i>)</li> <li>• How much will this <b>treatment cost</b>?</li> <li>• Is it covered by my health insurance?</li> </ul>	<ul style="list-style-type: none"> <li>• How is this treatment given and how often?</li> <li>• How often will I need to see my doctor on this treatment and what should I expect at each visit (<i>exam, blood draw, tests, costs, etc.</i>)?</li> <li>• What other treatments are available for people with my type of asthma?</li> </ul>	<ul style="list-style-type: none"> <li>• How effective is this treatment?</li> <li>• How long will the treatment take to reach full effectiveness?</li> <li>• How long do I stay on this treatment?</li> <li>• Do I use this medicine in addition to current medicines?</li> <li>• How will this treatment benefit my quality of life?</li> </ul>	<ul style="list-style-type: none"> <li>• What are the most common side effects of this treatment?</li> <li>• What are potentially severe side effects of this treatment?</li> <li>• Is there a way to prevent these side effects?</li> <li>• What are the benefits of this treatment plan?</li> </ul>

- 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.*



What Triggers Your Asthma?



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.
- 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.



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

TREATMENT OPTION	GOAL OF THIS TREATMENT OPTION	POSSIBLE SIDE EFFECTS	PROS	CONS

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## 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.