

Asthma Patient Rights and Responsibilities

| RIGHTS | RESPONSIBILITIES |
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| <ol style="list-style-type: none"> 1. Have your asthma controlled: <ul style="list-style-type: none"> • No chronic or troublesome symptoms such as <u>coughing</u> or <u>breathlessness</u> in the night, early morning, or after exercise. • Do normal activities (including exercise and other physical activity) • Few asthma flare-ups and no need for hospital visits. • Prescribed the best medicine at the lowest dose with no side effects. • Keep near “normal” lung function. • Be satisfied with your asthma care 2. Learn how to manage your asthma to keep it under control. | <ol style="list-style-type: none"> 1. Take your medications. 2. Follow your asthma action plan. 3. Stay on the medicine until told to stop by your doctor. 4. Do not let your medicines run out. 5. Bring medicines and gadgets to the doctor’s office and hospital visits. 6. Attend regularly scheduled asthma follow-up visits. 7. Call you doctor when you are having ongoing asthma symptoms or when your asthma is not in control. 8. See your doctor within 2 days of any emergency room visit or hospitalization, EVEN IF YOU FEEL BETTER. |

Your Doctor’s Responsibilities:

1. Classify the severity of your asthma at each asthma visit (mild, moderate, severe).
2. Review your medications and asthma action plan with you at each asthma visit.
3. Show how to use your inhaler.
4. Help you understand how to control things that make your asthma worse (triggers).
5. Take a peak flow reading.
6. Ask you about recent symptoms.
7. Review what to do if you have asthma at school or work.
8. Review what to do if you are having asthma symptoms after the offices are closed.

Checklist for Visits to the Doctor:

1. Always bring to the doctor visit:
 - ALL of your medications, including home remedies or non-prescription medicines.
 - Peak flow meter
 - Asthma diary
 - Spacer
2. Tell you doctor right away if you have:
 - Missed school or work because of asthma
 - Had symptoms, including waking at night due to coughing
 - Gone to the emergency room because of your asthma
 - Been hospitalized for your asthma.
3. Other questions:
 - Can I get two prescriptions for inhalers and spacer? One for home, one for school?
 - Does you child need doctor’s permission to carry an inhaler at school?
 - Do you need a revised asthma action plan? Copies?

Developed by *Fight Asthma Milwaukee*. FAM Allies works together with families and children connecting them to caring people, reducing hospital stays, and supporting healthy lives. To contact FAM call (414) 390-2179.

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