

LUNG questionnaire:

1. Are you a smoker?
2. Do you cough regularly?
3. Do even simple chores make you short of breath?
4. Do you wheeze when you exert yourself at night?
5. Do you get frequent colds that persist longer than those of other people?

ASTHMA questionnaire:

1. Do you cough, wheeze, or have a tight chest because of your asthma 3 or more times a week?
2. Do coughing, wheezing or chest tightness wake you at night?
3. Do you stop exercising due to asthma?
4. Do you ever miss work or school because of your asthma?
5. Do you use your reliever/rescue (usually blue) inhaler more than 3 times weekly? (Except 1 dose/day with exercise)

If you answered **YES** to any of the above questions, please discuss with your Doctor or Nurse.

What can I expect when I meet with the nurse to talk about Lung Health?

- Receive an in-depth patient assessment and if necessary a breathing test (spirometry)
- Teach/educate about Asthma and COPD
- Initiate use of an inhaler (if needed)
- Learn techniques for proper inhaler use
- Create an individualized patient action plan
- Discuss immunizations
- Discuss smoking cessation
- Assist with patient navigation of community resources
- Review personalized self-management skills

Instructions when coming for a breathing test (Spirometry)

- Do not use puffers on the day of testing (Must bring puffers to appointment)
- No smoking 1 hour prior to appointment
- No vigorous activity 30 minutes prior to appointment
- No large meal 2 hours prior to appointment

Are you using your inhalers properly?

Parents are you children using their inhaler correctly?

If you are not sure or just need a refresher, ask your doctor to set up an appointment with our Nurse or our Pharmacist who will review how you can use your inhalers.

