

KICK ASTHMA

Survey Interpretation Card

Assign severity using this guide.

A patient should be assigned to the most severe classification in which they experience symptoms. An individual's classification may change over time.

1. Coughing, wheezing, shortness of breath or tightness in the chest <i>during the day</i>	2. Coughing, wheezing, shortness of breath or tightness in the chest <i>at night</i>	Severity Classification
<input type="checkbox"/> every day, all the time	<input type="checkbox"/> frequently/every night	Severe persistent
<input type="checkbox"/> every day, but not all the time	<input type="checkbox"/> more than once a week	Moderate persistent
<input type="checkbox"/> more than 2 times a week, but not every day	<input type="checkbox"/> once a week	Mild persistent
The most effective treatment for persistent asthma is low-dose inhaled corticosteroids.		
<input type="checkbox"/> twice a week or less	<input type="checkbox"/> once every 2 weeks	Mild intermittent

Keep in mind, healthcare utilization and current medications are also relevant to severity assessment. A patient might have mild symptoms, but be judged to have asthma that is more severe because of healthcare utilization or excessive use of quick relief medication.

The New York City Department of Health and Mental Hygiene encourages you to help patients control their asthma:

- 1. Assess each patient's asthma severity at every visit and prescribe accordingly;**
- 2. Prescribe inhaled corticosteroids, the most effective treatment for most patients with persistent asthma (see enclosed guidelines);**
- 3. Partner with your patients; give them a written "Asthma Action Plan".**