

## **Western Wake Pediatrics, P.A.**

### **Asthma Management Guidelines**

The four key components for long-term control of asthma are: assessment and monitoring, pharmacologic therapy, controls of factors contributing to asthma severity and patient education. Western Wake Pediatrics would like to provide you with an asthma management guideline in order to aide the management of asthma and to ultimately optimize your child's health. Even when patients have their asthma under control, monitoring and treatment are necessary in order to maintain that control. We look forward to providing this service to our patients and their families.

#### **These are our Guidelines:**

1. After the patient's initial diagnosis, the patient will need to follow up with the asthma nurse educator and their medical provider within one month to discuss management therapies and assess their progress.
2. If your child's asthma is being treated by using a rescue medication such as Albuterol or Xopenex only, they will need an asthma consult once a year. If a refill is needed before 6 months, or if you need to use your Albuterol or Xopenex more than twice a week on an ongoing basis, you will need to call our office and make an appointment to be seen.
3. If your child's asthma is being treated by using inhaled steroids, such as Pulmicort, Flovent or Advair we will need to follow up with the patient every 6 months by appointment in our office.
4. If your child's severe asthma is being treated by using Albuterol/Xopenex and Singulair, we will need to see the patient every 6 months as well as when a refill of Albuterol or Xopenex is being requested before 6 months.
5. Follow up visits for exercise induced asthma will be based on the provider's discretion.

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For office use only:

Last Physical: \_\_\_\_\_

Last Asthma Consult: \_\_\_\_\_

Next recommended appointment: \_\_\_\_\_