



ASTHMA QUESTIONS



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Please answer the following questions concerning your child's or your asthma condition and management. For each item, check the box that corresponds to the answer(s) you choose.

1. **During an asthma attack, the muscles around the airways tighten. The airways become inflamed, and they fill with mucus.** True False
2. **Do you know the difference between quick-relief (e.g. Albuterol) and long-term controller (e.g. Pulmicort, Flovent) asthma medicines?** Yes No
 - a. Rescue medicines (e.g. Albuterol) treat active symptoms..... True False
 - b. Controller medicines (e.g. Pulmicort) control inflammation. They can be used even when there are no symptoms..... True False
3. **Inhalers should be used with a spacer in order to be most effective.**..... True False

4. **Do you or your child have any of these symptoms?**
 - Wheezing (a whistling noise when breathing)
 - Coughing while playing/sleeping (with or without mucus)
 - Chest tightness (a feeling of squeezing/sitting on the chest)
 - Shortness of breath (not being able to catch your breath)
 - Nighttime awakenings
 - None/I don't know
 - Other: _____

5. **How often do you or your child have the above symptoms?**
 - Less than 2 times a week
 - More than 2 times a week
 - 1 time a day
 - More than 1 time a day

6. **What triggers have you noticed that cause you or your child to have an asthma attack?**
 - Second-hand smoke
 - Allergens (pollen, mold, dust, pets, cockroaches, or food)
 - Cold/dry weather
 - Other: _____
 - Exercise
 - Emotions/stress
 - Respiratory infections

Do you have an Asthma Action Plan?..... Yes No

Do you have any questions/concerns for your doctor?..... Yes No

Sources:

- Potter, Paul C. "Current Guidelines for the Management of Asthma in Young Children." *Allergy, Asthma & Immunology Research* 2.1 (2010): 1-13. Web.
- National Institute of Health

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.



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哮喘病問卷調查



聯絡東北： 三藩市 (415) 391-9686 帝利市 (650) 550-3923 聖荷西 (408) 573-9686 WWW.NEMS.ORG

請根據你或你孩子的哮喘病控制狀況回答以下問題，在適用的答案框上打勾。

1. 在哮喘病發作時，氣管周圍的肌肉收緊，氣管發炎，並充滿黏液。..... 對 不對
2. 你知道搶救型藥物（如 Albuterol）和控制型藥物（如 Pulmicort, Flovent）的分別嗎？..... 知道 不知道
3. 搶救型藥物（如 Albuterol）：當你/你的孩子哮喘病發時用於緩解徵狀。..... 對 不對
 - a. 控制型藥物（如 Pulmicort）：控制炎症，即使你或你的孩子沒有徵狀時也可以使用。..... 對 不對
4. 吸入器需要和分隔器一起使用才有最大功效。..... 對 不對

5. 你或你的孩子有以下徵狀嗎？

- 喘息(呼吸時發出像吹哨的聲音)
- 玩耍時或睡覺時咳嗽(有痰或沒有痰)
- 胸口緊 (感覺胸口被擠壓或被重壓的感覺)
- 呼吸短促 (呼吸困難)
- 晚間醒來
- 沒有/我不知道
- 其他: _____

6. 你或你的孩子出現以上的徵狀有多頻密？

- 每星期少於 2 次 每日 1 次
- 每星期多於 2 次 每日多於 1 次

7. 你有沒有注意到哪些原因會引起你或你的孩子哮喘病發？

- 二手煙 運動
- 致敏原 (花粉, 黴菌, 灰塵, 寵物, 蟑螂, 食物) 情緒/壓力
- 寒冷/乾燥的天氣 呼吸道感染
- 其他: _____

你有沒有哮喘病行動計劃? 有 沒有

你有沒有其他問題想問醫生? 有 沒有

資料來源:

- Potter, Paul C. "Current Guidelines for the Management of Asthma in Young Children." *Allergy, Asthma & Immunology Research* 2.1 (2010): 1-13. Web.
- National Institute of Health

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。
若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。