

What should you expect to receive when you're discharged from hospital after an asthma attack?

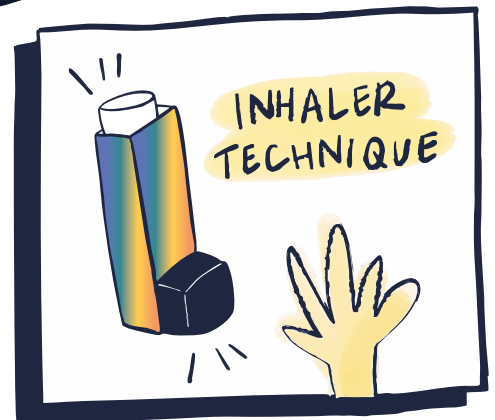
Checking your inhaler technique

Why is this important?

This can help to ensure that the medication can do its job properly, which can help to reduce symptoms of asthma.

Questions you can ask your doctor/nurse:

- > How do I know if I'm using my inhaler well?
- > Can you please check if I'm using my inhaler correctly?
- > If I struggle to use this inhaler are there other inhalers I can switch to?
- > How do I know my inhaler is empty?



Reviewing or giving you a personalised asthma action plan (PAAP)



Why is this important?

This can help to lower the risk of an asthma attack and help you know what to do if you have one.

Questions you can ask your doctor/nurse:

- > Please can we review my asthma plan?
- > How do I know what triggers my asthma?
- > What can I do to control my triggers?
- > When should I ask for help while having an asthma attack?

Booking your follow-up appointments

Why is this important?

You should see a doctor or nurse once you leave the hospital after an asthma attack. This can help to check that your asthma is getting better with your medication. This is also a good place for support and advice on how to lower the chance of having another asthma attack.

Questions you can ask your doctor/nurse:

- > When is my next appointment and what will happen there?
- > Will I speak to another doctor or nurse about this asthma attack once I go home?



Created by the Asthma &Me Ambassadors youth project at a design day with NRAP



Royal College
of Physicians

National Respiratory Audit
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RCPCH&Us
The voice of children,
young people and families