



Asthma review: A summary

What is an Asthma Review?

An asthma review is a routine check-up for people with asthma, usually conducted annually by a GP or asthma nurse. The purpose is to assess asthma control and exacerbations and ensure you have the appropriate asthma treatment plan. At Bredbury Medical Centre, we undertake these reviews during your month of birth. Extra reviews can be booked at any other time as clinically needed.

What Happens During an Asthma Review?

During an asthma review, your asthma nurse/GP will:

- Discuss recent symptoms, including how often they occur, and if they interfere with daily activities or sleep.
- Check your inhaler technique to ensure you're using it correctly.
- Review your current medication, and possibly adjust it to improve symptom control.
- Discuss any lifestyle factors, like smoking or exercise, that might impact your asthma.
- Develop or update your asthma action plan (AAP) to help you manage symptoms and recognise early signs of an asthma attack.

What is the Asthma Control Test?

The Asthma Control Test (ACT) is a simple, self-assessment questionnaire that helps to judge the level of asthma control. It asks questions about:

- How often you've experienced symptoms like breathlessness or wheezing.
- If asthma symptoms have affected your daily activities.
- How frequently asthma has woken you up at night.
- Your overall sense of asthma control.

- Each response is scored, and the total score helps your healthcare provider.
- Understand your asthma control level and guide any necessary adjustments to your treatment.

Benefits of asthma review:

Asthma reviews are an important part of managing asthma effectively. The benefits of regular reviews are:

- **Personalised Medication Management:** The nurse can adjust your medication to keep symptoms under control, ensuring you're on the right dose and the right type of inhaler.
- **Inhaler Technique Review:** Incorrect use of inhalers can reduce their effectiveness. Demonstration of the proper technique can help you get the most from your inhalers.
- **Asthma Action Plan Updates:** A tailored action plan helps you recognize worsening symptoms and know when to seek help, keeping you safer and in control of your condition.
- **Lifestyle Advice:** Managing asthma triggers and exercise play a key role in asthma management. We will discuss these aspects with you.

Regular asthma reviews can greatly reduce the risk of flare-ups, and they're essential to maintaining good lung health. If you haven't had an asthma review recently, make sure to book one with us at Bredbury Medical Centre.