



Your Asthma Program

We will work with you and your family to create a program to control your child's asthma

YOUR CHILD'S ACTION CONTROL TEST (ACT)

Prior to each 6 month asthma visit, please fill out the Action Control Test (ACT) for your child. To fill out or print a copy of the ACT:

- Log on to our website, which will take you to the external, secure CHADIS website
- Click on "Asthma Visit."
- For a Spanish copy, choose the appropriate tab at the top right of the page.

Asthma is one of the most common chronic medical conditions in children. Due to asthma, many kids miss out on school, sports and other activities. The good news is that asthma can be controlled! Our goal is to create an asthma management program so that your child can do anything that a child without asthma can do. Don't let asthma get in the way!

Our Goal

We want to ensure the best possible health for your child and prevent emergency room visits and hospitalizations.

Involve the whole family

It's important for family members to learn these four things:

- 1 Identify and avoid asthma and allergen triggers
- 2 Recognize and prevent asthma attacks
- 3 Understand medications and how to use them
- 4 Help manage asthma at home

At Jeffers, Mann & Artman Pediatrics and Adolescent Medicine, we have an Asthma Program specially designed to follow nationally recognized guidelines to help children have well-controlled asthma.

If your child has been identified as being asthmatic, we recommend the following:

Comprehensive asthma evaluations at least every 6 months (in addition to their scheduled preventative visits).

- These visits include updating asthma action plans to be followed at home and school
- Evaluating effectiveness and use of medications
- Re-evaluating and assessing goals for asthma management and control

Computerized Lung Function Studies every 6 months for children 6 years and older.

Yearly flu vaccines.

Evaluation of asthma triggers, such as allergies, infections, cigarette/tobacco smoke exposure, changes in weather and exercise

Asthma education regarding appropriate medication(s) and equipment use.