North East Paediatric Partnership

Patient Identifier

Asthma Diagnosis Sheet

1) DIAGNOSIS

Features increasing probability of asthma:

- Child/Young person > age 5
- Recurrent reported wheeze (clarify description of wheeze)
- Symptoms worse night/early morning
- Symptoms in response to exercise and other triggers
- Episodes independent of colds
- Co-existent atopic disease
- Family History of atopic disease
- Response to asthma therapy
- Wheeze on examination

Features decreasing probability of asthma

- Symptoms with colds only
- Isolated cough in the absence of wheeze
- Moist cough
- Prominent dizziness, light-headedness, peripheral tingling
- Repeatedly normal physical examination of chest when symptomatic
- Normal peak expiratory flow or spirometry when symptomatic
- No response to a trial of therapy
- Clinical features pointing to alternative diagnosis

Probability of diagnosis based on clinical opinion and balance of above features:

- **Low** (diagnosis of asthma unlikely)
  - Consider alternative diagnosis – may require further investigations/referral.
- **Medium** (watchful wait and review/trial treatment/spirometry if available)
  - Obstruction on spirometry (proceed to trial of treatment)
  - No obstruction on spirometry (proceed to reversibility/allergy tests/exercise test)
  - Unable to perform spirometry (trial of treatment)
- **High** (diagnosis of asthma likely)
  - start a trial of treatment at appropriate step of BTS guidelines
  - review and assess the response

2) SHARED DECISION MAKING

- Goals for treatment_____
- Side effects of treatment discussed? Y N_____
- Joint discussion regarding treatment? Y N _____

3) SUPPORTING SELF MANAGEMENT

- Asthma plan provided Y N
- Inhaler technique discussed Y N
- Compliance discussed Y N
- Triggers discussed Y N
- Information leaflet provided Y N

4) ALLERGY

- Allergy referral required? Y N
- Rhinitis present? Y N

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