

What to Expect in Your Annual Review

Your annual review is an opportunity to look back at how your asthma has been over the past year and to plan what should be done for the coming year. It will involve some kind of assessment of what your asthma control is like; this may be a questionnaire for you to complete, or questions that the doctor or nurse asks you, for example how often do you use your blue inhaler? How often does your asthma impact on your day to day life? They will also look at how many asthma 'attacks' you have had and if these have needed treatment with steroids or admission to hospital.



There will be a review of what medication you are on, including whether or not you are actually taking your medication regularly. Your inhaler technique will be checked and then any changes to your medication that are needed can be made. If possible your peak flow or lung function will be checked. Your Personalised Asthma Action Plan (PAAP) will be reviewed and updated and this will give you the opportunity to ensure you know what your current best peak flow is and explore if you have noticed any new triggers.

This is a good opportunity for you to discuss any concerns or problems that you have regarding your asthma. It may be an idea to write some of this down before you go, so you don't forget.