

SHARED DECISION-MAKING A New Approach to ASTHMA Care Adults and Children

In the past, your health care providers might have asked you questions about your asthma, examined you, and then said, "This is what your problem is, and this is the medicine you need to take. I'd like to see you again in a month to see how you are doing."

Your breathing tests, symptoms, and medical history tells us something about your asthma. But, we would also like you to tell us how your asthma is **affecting your life** and what you hope to get out of the treatment.

We'll approach your asthma care differently at Ardmore Family Practice. We'll work together to help you choose a plan that will work best for you. To put it simply, we will **SHARE the decision-making** about your asthma care as **equal partners**.

Shared decision making in children with asthma may enhance their self-confidence as well as improve their self-management skills.

Children Ages 1-11

Traditionally, children have had little involvement during their medical care visits or in decisions regarding their health care. Allowing the child to participate during the visit requires assessing the child's competence at different ages and abilities. We use specific communication techniques, visual aids, turn-taking, clarifying communication, and role modeling.

We can offer strategies to parents on how to provide general information about asthma and treatments based on the child's questions and interest.

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Your child will receive an Asthma Care Goody Bag with stickers, performance pads, Dusty The Asthma Goldfish And His Asthma Triggers Fun book, Ally & Andy's Awesome Asthma and Allergy Activity Book, asthma pamphlet and your child's personalized action plan. (Nebulizers and spacers if needed)

ASTHMA FACTS

Asthma is a chronic inflammation of the lung airways that causes coughing, chest tightness, wheezing or shortness of breath.

- An estimated 22 million Americans have asthma; 6.5 million are under 18.
 - Asthma mortality is 4,000 deaths per year.
 - Mortality is especially high among Puerto Ricans and African-Americans. Puerto Ricans are four times more likely and African Americans are three times more likely to die of asthma than Caucasians.
 - Asthma results in 497,000 hospitalizations and 1.8 million emergency room visits.
 - Asthma is the most common chronic illness in childhood, accounting for 12.8 million missed school days each year. It also accounts for 10.1 million lost work days for adults.