

What to Expect at Your Child's Annual Review

Your child's annual review is an opportunity to look back at how their 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 their asthma control is like; this may be a questionnaire for you and them to complete, or questions that the doctor or nurse asks you, for example how often do they use their blue inhaler? How often does their asthma impact on your day to day life? They will also look at how many asthma 'attacks' your child has had and if these have needed treatment with steroids or admission to hospital.



There will be a review of what medication they are on, including whether or not they are actually taking their medication regularly. Their inhaler technique will be checked and then any changes to their medication that are needed can be made. If possible their peak flow or lung function will be checked. Your child's Personalised Asthma Action Plan (PAAP) will be reviewed and updated and this will give you the opportunity to ensure you know what your child's 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 child's asthma. It may be an idea to write some of this down before you go, so you don't forget.