

# ASTHMA CONSULT CHECKLIST

## NEW DIAGNOSIS

Use this checklist if you suspect your patient has asthma.

Asthma may need to be diagnosed over several consultations, so this checklist takes health professionals through the required steps, based on recommendations and resources from the Australian Asthma Handbook.<sup>1</sup>

Patient Name

Date of Consult

### STEP 1: SYMPTOMS THAT SUGGEST ASTHMA

Tick one box then go to Step 2

- Adults:** Variable respiratory symptoms<sup>2a</sup>
- Children (6–11 years):** Episodic respiratory symptoms<sup>3</sup>
- Children (1–5 years):** Episodic wheezing and increased work of breathing<sup>3</sup>

#### NOTES

### STEP 2: ASTHMA DIAGNOSIS

Tick this box, and:

- All patients:** History<sup>b</sup> and physical examination<sup>c</sup> support asthma diagnosis<sup>2,3</sup>

Tick this box, or go to Step 3 if not applicable

- Adults:** Spirometry shows reversible airflow limitation and expiratory airflow limitation<sup>2d</sup>  
*Asthma is diagnosed if you tick this box – start treatment<sup>e</sup>*
- Children (6–11 years):** Spirometry shows reversible airflow limitation (if able to perform spirometry<sup>i</sup>), or a treatment trial<sup>g</sup> shows a clear response to treatment (if unable to perform spirometry)<sup>3</sup>  
*Asthma is diagnosed if you tick this box – start treatment*
- Children (1–5 years):** A treatment trial<sup>h</sup> shows a clear response to treatment<sup>3</sup>  
*Asthma is provisionally diagnosed if you tick this box – manage according to the frequency and severity of symptoms*

#### Spirometry results:

Forced expiratory volume in 1 second (FEV<sub>1</sub>) =

Forced vital capacity (FVC) =

FEV<sub>1</sub>/FVC ratio =

#### NOTES

## STEP 3: FURTHER INVESTIGATIONS AND ALTERNATIVE DIAGNOSES

Tick one box

### ADULTS:<sup>2</sup>

#### If history and physical examination do not support asthma diagnosis

- Alternative diagnoses<sup>1</sup> have been investigated and confirmed  
*Asthma is not diagnosed if you tick this box – manage the alternative diagnosis*
- Alternative diagnoses have been investigated, and further investigations<sup>1</sup> support asthma diagnosis  
*Asthma is diagnosed if you tick this box – start treatment*
- Alternative diagnoses have been investigated, but further investigations do not support asthma diagnosis  
*Asthma is not diagnosed if you tick this box – consider referral<sup>k</sup>*

#### If spirometry does not show reversible airflow limitation and expiratory airflow limitation

- Further investigations support asthma diagnosis  
*Asthma is diagnosed if you tick this box – start treatment*
- Further investigations do not support asthma diagnosis  
*Asthma is not diagnosed if you tick this box – consider referral*

### CHILDREN (6–11 YEARS):<sup>3</sup>

#### If history and physical examination do not support asthma diagnosis

- Alternative diagnoses have been investigated, and further investigations<sup>m</sup> support asthma diagnosis  
*Asthma is diagnosed if you tick this box – start treatment*
- Alternative diagnoses<sup>1</sup> have been investigated and confirmed  
*Asthma is not diagnosed if you tick this box – manage the alternative diagnosis*
- Alternative diagnoses have been investigated, but further investigations do not support asthma diagnosis  
*Asthma is not diagnosed if you tick this box – consider alternative diagnoses and referral*

#### If spirometry does not show reversible airflow limitation

- A subsequent treatment trial shows a clear response to treatment  
*Asthma is diagnosed if you tick this box – start treatment*
- Further investigations do not support asthma diagnosis  
*Asthma is not diagnosed if you tick this box – consider alternative diagnoses and referral*
- A subsequent treatment trial does not show a clear response to treatment  
*Asthma is not confirmed if you tick this box – monitor signs and symptoms and consider referral*

### CHILDREN (1–5 YEARS):<sup>3</sup>

#### If treatment trial does not show a clear response to treatment

- A treatment trial does not show a clear response to treatment  
*Asthma is not diagnosed if you tick this box – consider referral*

#### If history and physical examination do not support asthma diagnosis

- Alternative diagnoses have been investigated and confirmed  
*Asthma is not diagnosed if you tick this box – manage the alternative diagnosis*
- Alternative diagnoses cannot be confirmed  
*Asthma is not diagnosed if you tick this box – consider referral*

### NOTES