

THE 30 SECOND ASTHMA TEST[®]

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. Do you use your fast acting reliever inhaler 4 or more times a week?
(Including doses used for exercise) | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you cough, wheeze, or have a tight chest because of your asthma?
(4 or more times a week) | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does a cough, wheezing or chest tightness wake you at night? (1 or more times a week) | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you stop exercising because of your asthma?
(In the past 3 months) | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you ever miss work, school or social activities because of your asthma?
(In the past 3 months) | <input type="checkbox"/> | <input type="checkbox"/> |

Even one "YES" means that you should talk to a doctor and ask about a referral to the Asthma Education Clinic.



Asthma Education Clinics

"Helping You Breathe Easier"



GOAL:

To help you understand your role in asthma self-management.

- What is asthma?
- Are my allergies related?
- What can I do to help my symptoms?
- What are my triggers?
- How do I use my medications?
- What can I do when I'm having trouble?

WHAT TO EXPECT AT YOUR APPOINTMENT:

- You will work with a certified asthma educator to find out what works best for you.
- Your first appointment will take up to 90 minutes.
- Your follow up appointments will be 30-60 minutes and will take place every six months.
- If you are able, a breathing test will be done to see how your asthma is doing.
- You will learn things that you can do to help your asthma and how to make your medications best work for you.

THIS SERVICE IS OFFERED AT:

Central Miramichi Community Health Centre

Doaktown

506-365-6100

Woodbridge Centre

Fredericton

506-447-4739

Queens North Community Health Centre

Minto

506-327-7800

Miramichi Regional Hospital

Miramichi

506-627-7565



THIS SERVICE IS OFFERED AT:

The Moncton Hospital

Moncton

506-857-5265

Hotel Dieu of St. Joseph

Perth-Andover

506-273-7157

Tobique Valley Hospital

Plaster Rock

506-356-6611

Sackville Memorial Hospital

Sackville

506-364-4433

Saint John Regional Hospital

Saint John

506-648-6961

Upper River Valley Hospital

Waterville

506-375-2721

