

Checklist to identify children and young people who may need a review in primary care

Children with no Asthma diagnosis

Asthma is a clinical diagnosis in children based on the presenting symptoms. If they have any of these symptoms varying over time and intensity, then this should prompt a discussion with parents or guardians.

- Wheeze
- Shortness of breath
- Chest tightness
- Cough

The above symptoms may be worse in response to triggers such as, after exercise, exposure to pets, cold, damp air, upper respiratory tract infections, smoke etc.

Children with Asthma diagnosis.

Signs To prompt discussion with or letter to parents/guardians of children with a diagnosis of asthma:

- Child needing their reliever inhaler regularly (using more than 2x unplanned, in week a for symptoms)
- Child complaining of persistent cough, wheeze or 'tight' chest regularly.
- Exercise limitations
- School absence due to asthma
- Children who struggle to keep up with peers or reluctant to join activities or choose less energetic roles.
- Child reporting bad night-time sleep due to persistent cough.

