

Quick Guide

HOW DOES IT WORK?

The Bello Alito asthma management system supports the use of an asthma plan written by your GP and improves communication between carers. It also helps keep essential medication and devices available for daily and emergency asthma care.

WHAT YOU NEED

- Bello Alito Log Book
- Bello Alito Asthma Bag
- Bello Alito Goals Worksheet
- Asthma Management Plan

PREPARATION

Put medication, asthma spacer and log book in the asthma bag. Prepare the photo ID card for personal use. Include your asthma plan.

If you don't yet have an asthma plan ask for a plan at your next visit to the GP.

Meet with teachers and staff that may help your child in an asthmatic event. Explain the asthma plan and show them your child's medication and equipment. Put the asthma bag in an easy to find location with the photo ID showing. Keep each other informed of events.

Keep a primary and secondary reliever in the asthma bag. Once the primary is finished, start the secondary and restock the bag.

WHAT TO DO

Step 1. Follow the asthma plan for daily management needs

Step 2. Record the medication needed, dosages and any notes from home and school in the log book. Use the notification cards in the bag as prompts to discuss events.

Step 3. Prior to your next meeting with the GP, complete the Bello Alito Goals Worksheet to clarify how things currently are and what you would like to change.

Step 4. Meet with the GP to review log book and discuss goals. If updated, replace the asthma plan in your asthma bag. Go back to Step 1.



Asthma Management Goals

Because asthma can be managed.

DATE:

MY ASTHMA STORY. SHARE A FEW SENTENCES ABOUT HOW ASTHMA AFFECTS YOUR LIFE. HOW LONG HAS IT BEEN THIS WAY?	REFLECTING ON YOUR PAST EXPERIENCE WITH ASTHMA, WRITE DOWN HOW YOU FEEL ABOUT ASTHMA.

HOW WOULD YOUR LIFE BE DIFFERENT IF ASTHMA WASN'T IN THE WAY?	WRITE A BRIEF SENTENCE USING A LITTLE FROM EACH SECTION, AS AN ACTIONABLE STATEMENT.
	<i>For example: I've had asthma for _____ years. It makes me feel _____ because _____. The things I would like to be able to do are _____.</i>

TAKING YOUR ACTIONABLE STATEMENT. WRITE A FEW SENTENCES TO HELP YOU CLARIFY QUESTIONS FOR YOUR DOCTOR.
<i>For example: Are my goals achievable? Can you help me reach these goals? What do I need to do? Does my asthma plan need to be updated?</i>

NEXT REVIEW DATE:	
--------------------------	--

Note: If using this worksheet with My Asthma Bag, please keep this document in the inside pocket with the log book. This form is not to replace the Asthma Action Plan, but to serve as a communication prompt prior to meeting with your GP.