ASTHMA HISTORY QUESTIONS
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1. Symptoms
   Cough
   Wheezing
   Shortness of breath
   Chest tightness
   Sputum production

2. Pattern of symptoms
   Perennial, seasonal, or both
   Continual, episodic, or both
   Onset, duration, frequency (number of days or nights,
   per week or month)
   Diurnal variations, especially nocturnal and on awakening
   in early morning

3. Precipitating and/or aggravating factors
   Viral respiratory infections
   Environmental allergens, indoor (e.g., mold, house-dust
   mite, cockroach, animal dander or secretory products)
   and outdoor (e.g., pollen)
   Characteristics of home including age, location, cooling and
   heating system, wood-burning stove, humidifier, carpeting
   over concrete, presence of molds or mildew, presence of
   pets with fur or hair, characteristics of rooms where
   patient spends time (e.g., bedroom and living room with
   attention to bedding, floor covering, stuffed furniture)
   Smoking (patient and others in home or daycare)
   Exercise
   Occupational chemicals or allergens
   Environmental change (e.g., moving to new home; going on
   vacation; and/or alterations in workplace, work processes,
   or materials used)
   Irritants (e.g., tobacco smoke, strong odors, air pollutants,
   occupational chemicals, dusts and particulates, vapors,
   gases, and aerosols)
   Emotions (e.g., fear, anger, frustration, hard crying or laughing)
   Stress (e.g., fear, anger, frustration)
   Drugs (e.g., aspirin; and other nonsteroidal anti-inflammatory
   drugs, beta-blockers including eye drops, others)
   Food, food additives, and preservatives (e.g., sulfites)
   Changes in weather, exposure to cold air
   Endocrine factors (e.g., menses, pregnancy, thyroid disease)
   Comorbid conditions (e.g. sinusitis, rhinitis, gastroesophageal
   reflux disease (GERD)

4. Development of disease and treatment
   Age of onset and diagnosis
   History of early-life injury to airways (e.g., bronchopulmonary
   dysplasia, pneumonia, parental smoking)
   Progression of disease (better or worse)
   Present management and response, including plans for
   managing exacerbations
   Frequency of using short-acting beta2-agonist (SABA)
   Need for oral corticosteroids and frequency of use

5. Family history
   History of asthma, allergy, sinusitis, rhinitis, eczema, or
nasal polyps in close relatives

6. Social history
Daycare, workplace, and school characteristics that may interfere with adherence
Social factors that interfere with adherence, such as substance abuse
Social support/social networks
Level of education completed
Employment

7. History of exacerbations
Usual prodromal signs and symptoms
Rapidity of onset
Duration
Frequency
Severity (need for urgent care, hospitalization, intensive care unit (ICU) admission.)
Life-threatening exacerbations (e.g., intubation, intensive care unit admission)
Number and severity of exacerbations in the past year.
Usual patterns and management (what works?)

8. Impact of asthma on patient and family
Episodes of unscheduled care (emergency department (ED), urgent care, hospitalization)
Number of days missed from school/work
Limitation of activity, especially sports and strenuous work
History of nocturnal awakening
Effect on growth, development, behavior, school or work performance, and lifestyle
Impact on family routines, activities, or dynamics
Economic impact

9. Assessment of patient’s and family’s perceptions of disease
Patient’s, parent’s, and spouse’s or partner’s knowledge of asthma and belief in the chronicity of asthma and in the efficacy of treatment
Patient’s perception and beliefs regarding use and longterm effects of medications
Ability of patient and parents, spouse, or partner to cope with disease
Level of family support and patient’s and parents’, spouse’s, or partner’s capacity to recognize severity of an exacerbation
Economic resources
Sociocultural beliefs

A detailed medical history of the new patient who is known or thought to have asthma should address the following items

* This list does not represent a standardized assessment or diagnostic instrument. The validity and reliability of this list have not been assessed.