

What to bring to your appointment for your appointment

- OHIP card
- Inhalers/puffers with spacer
- List of all medications

Location

Asthma Education Clinic
Medical Office Building
377 Church Street (Ground Floor) # G07

Telephone: 905-472-7614

Hours of Operation:

Monday to Friday
8:30 a.m. to 4:30 p.m.

Parking

Parking is available in Visitor's Parking Lot 1. Located on Church Street between Ninth Line and Bur Oak and can be accessed by the entrance off of Butternut Lane.

Day of appointment

Please arrive at the Asthma Education Clinic **15 minutes before** your scheduled appointment.

Appointment Date: _____

Appointment Time: _____

To reschedule or cancel your appointment, call the Asthma Education Clinic at 905-472-7614.

If you are feeling unwell, have a high temperature, cough or sore throat on or before the day of your appointment, please reschedule your appointment.

Asthma Education Clinic



BROAEC (1/18) (12/16)



MARKHAM STOUFFVILLE HOSPITAL

381 Church Street
PO Box 1800
Markham, Ontario L3P 7P3

www.msh.on.ca

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Breathe Better! Feel Better!



MARKHAM STOUFFVILLE HOSPITAL
A PROUD HERITAGE - AN EXTRAORDINARY FUTURE

What is the Asthma Education Clinic?

Healthcare providers that help you learn to you better control your asthma.

Our asthma educators work with your family doctor to support you in leading a healthy and enjoyable lifestyle by:

- Helping you learn more about your asthma
- Giving you tools to self-manage your asthma

30 second Asthma test

I use my blue inhaler (4 or more times a week)	Yes/No
I cough, wheeze, or have a tight chest (4 or more days/week)	Yes/No
Coughing, wheezing, or chest tightness wakes me at night (1 or more times/week)	Yes/No
I stop exercising because of my asthma (in the past 3 months)	Yes/No
I miss work or school because of my asthma (in the past 3 months)	Yes/No

If you answered “yes” to one or more questions, as your doctor or asthma educator to improve your asthma control.

Initial visit (45 mins):

During your first visit we will:

- Get to know you
- Do a simple breathing test
- Teach you how to get better control of your asthma
- Provide tools to prevent visits to the hospital
- Develop a “Personal Action Plan” to manage flare ups
- Provide follow-up visits and support

Follow-up visits (30 mins):

During your follow-up visits we will:

- provide support and encouragement as you continue working on self-management
- Repeat the breathing test
- Work with your physician to optimize your “Action Plan” to achieve best control of your asthma
- Discuss community services/resources
- Answer your questions

Asthma self-management means:

1. Preventing worsening Asthma
2. Maintaining normal activities
3. Preventing emergency room visits
4. Maintaining normal lung function
5. Learning more about asthma and treatment to achieve optimal Asthma control

Remember, with good Asthma control...

You CAN lead a normal life

You CAN have nights of uninterrupted sleep

You CAN exercise

You CAN do the activities you want

You CAN have fewer visits to the hospital