

# What should you expect to receive when you're discharged from hospital after an asthma attack?

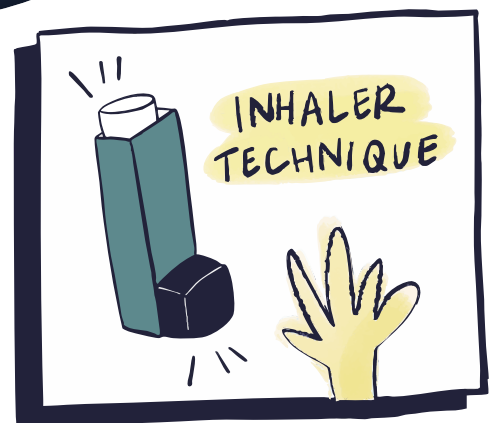
## Checking your inhaler technique

### Why is this important?

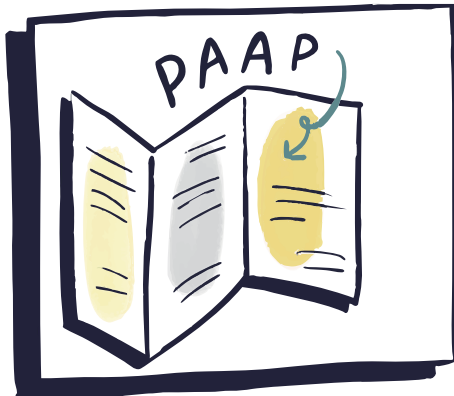
This can help to ensure that the medication can do its job properly, which can help to reduce symptoms of asthma.

### Questions you can ask your doctor/nurse:

- > How do I know if I'm using my inhaler well?
- > Can you please check if I'm using my inhaler correctly?
- > If I struggle to use this inhaler are there other inhalers I can switch to?
- > How do I know my inhaler is empty?



## Reviewing or giving you a personalised asthma action plan (PAAP)



### Why is this important?

This can help to lower the risk of an asthma attack and help you know what to do if you have one.

### Questions you can ask your doctor/nurse:

- > Please can we review my asthma plan?
- > How do I know what triggers my asthma?
- > What can I do to control my triggers?
- > When should I ask for help while having an asthma attack?

## Booking your follow-up appointments

### Why is this important?

You should see a doctor or nurse once you leave the hospital after an asthma attack. This can help to check that your asthma is getting better with your medication. This is also a good place for support and advice on how to lower the chance of having another asthma attack.

### Questions you can ask your doctor/nurse:

- > When is my next appointment and what will happen there?
- > Will I speak to another doctor or nurse about this asthma attack once I go home?



Created by the Asthma &Me Ambassadors youth project at a design day with NRAP



Royal College  
of Physicians

National Respiratory Audit  
Programme (NRAP)

**RCPCH&Us**  
The voice of children,  
young people and families