

Asthma Diary Template

Make copies of the following template for your asthma diary. You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

Week of: _____

If I use a peak flow meter:

My personal best peak
expiratory flow (PEF) is _____

My PEF for green zone is _____ liters per second (80% to 100% of my personal best*).

My PEF for yellow zone is _____ liters per second (50% to less than 80% of my personal best*).

My PEF for red zone is less than _____ liters per second (less than 50% of my personal best*).

* To figure out 80% of personal best peak flow, multiply your personal best by 0.80. To figure out 50% of personal best peak flow, multiply your personal best by 0.50.

If your peak flow is lower than normal, check your asthma action plan or call your doctor.

My current controller medicines are _____

Date	AM/PM peak expiratory flow (if I use a peak flow meter)			Trigger	Symptoms	Quick-relief medicine and response	Red zone visit to doctor or hospital?
	Green	Yellow	Red				

Asthma Diary Template

S Ben Porath



Asthma Diary Template:

Asthma Begins at Home Rosie Gordon, 2007 There is a mass of medicine based information about asthma yet the disease continues unabated It is time for another approach and this book develops this by concentrating on causes in the home The approach is practical and down to earth backed up by in depth research clinical trials and medical guidance the book discusses why asthma is on the increase and how we can reduce its devastating effects It is a highly personal book based on the experience of one UK family that has challenged medical thinking about this topic OET Writing Made Easy for Pharmacists : Step-by-Step Case Notes and Band A Letter Models to Maximise Your Writing Score Jobin Thomas, 2025-07-09 Are you a pharmacist preparing for the OET Writing sub test Do you want to learn how to write high scoring referral discharge and follow up letters with confidence OET Writing Made Easy for Pharmacists is your complete writing preparation guide created specifically for pharmacy professionals aiming for Band A results in the Occupational English Test OET This premium resource includes 50 full length exam standard pharmacy case notes each followed by a Band A model letter that matches the official OET writing format Designed for self study and classroom use this book breaks down the structure tone and style of successful OET pharmacy letters in a clear and easy to follow format You ll learn how to analyze case notes effectively organize key details and write letters that meet all OET assessment criteria purpose content conciseness tone grammar and layout Whether you re applying for registration in the UK Australia New Zealand or Ireland this book is the ultimate writing practice tool to help you Understand the OET writing task format for pharmacists Master time management and case note interpretation Practice with a wide range of referral and information letter types Improve sentence structure tone and clinical accuracy Gain confidence with real world pharmacy writing scenarios Perfect for international pharmacists OET candidates and healthcare educators this book is packed with valuable insights and writing techniques tailored to the OET Pharmacy Writing sub test American Journal of Respiratory and Critical Care Medicine , 2009 *A Game Plan for Families Managing Pediatric Asthma* Michelle Vann, MSN, RN, CMCN, 2025-05-05 A Game Plan for Families Managing Pediatric Asthma is a comprehensive and supportive guide designed to equip parents and caregivers with the knowledge and tools they need to confidently manage their child s asthma This ebook provides a clear roadmap for understanding the condition effectively communicating with healthcare providers and creating a proactive plan to ensure your child lives a full active life Inside you ll discover practical strategies for identifying triggers administering medications correctly using inhalers and nebulizers effectively and recognizing early warning signs of flare ups This empowering resource goes beyond the basics offering actionable tips for building asthma friendly environments at home and school managing exercise induced asthma and navigating emergency situations More than just a guide this ebook offers a holistic approach that emphasizes emotional support self management techniques for older children and the latest research backed best practices A Game Plan for Families will help you turn the challenges of pediatric asthma into opportunities for your child to

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