

Instructions for the Asthma Diary

Please help your child keep this asthma diary for two weeks. He/she should answer the questions after using the Simplicity device each morning and each evening. Even if your child does not use the Simplicity device, the diary should still be completed.

If you are helping your child fill out the diary, read each question and the possible answers to him/her. Circle his/her answer. We want to know how he/she feels about his/her asthma, so please do not answer these questions for him/her.

In the morning:

Questions 1 and 2 should be answered every morning. For each question, circle either 'Yes' or 'No' under the current day.

Every evening before your child goes to bed:

For Questions 3 and 4, circle either 'Yes' or 'No' under the current day.

For Question 5, circle the number that matches his/her choice under the current day.

For Question 6, circle all the responses that apply.

If the child was hospitalized overnight for asthma, circle 'Hosp.'

If the child went to the ER for an asthma-related visit, circle 'ER.'

If the child went to a clinic or to see his/her physician for an asthma-related visit, circle 'Clinic.'

If the child did not go to the hospital, ER, or clinic today, circle 'None.'

For each medicine listed in Questions 7, ask your child if he/she used it today. Circle 'Yes' if he/she used the medicine today. If he/she did not use the medicine at all today, circle 'No.'

If you forget to complete the diary for a morning or evening evening time, don't answer the questions for that time.

At the end of the two weeks (check one of the following):

_____ we will pick up the Simplicity device and this card from your home. _____
Date

_____ please mail the Simplicity device and this card back to us in the envelope we gave you. _____
Date

Please call us at _____ with any questions.