

**PENICUIK MEDICAL PRACTICE  
POSTAL QUESTIONNAIRE FOR PATIENTS WITH ASTHMA**

«PATIENT\_Title» «PATIENT\_Forename1» «PATIENT\_Surname»  
 «PATIENT\_House»  
 «PATIENT\_Road»  
 «PATIENT\_Town»  
 «PATIENT\_County»  
 «PATIENT\_Postcode»

«SYSTEM\_Date»

«PATIENT\_CHI\_Number»

Dear «PATIENT\_Title» «PATIENT\_Surname»

We note from our records that you are now due an asthma review. To check on this we would ask if you would complete the following questionnaire and return it. The form can also be completed online at [www.penicuikmedicalpractice.co.uk](http://www.penicuikmedicalpractice.co.uk) . If we think your asthma requires further assessment after reading the questionnaire, we will get in touch with you to see our Asthma Nurse. If you would like your asthma reviewed at any point, you can also make an appointment for the Asthma Nurse or your own GP.

Further information about asthma is available from Asthma UK ([www.asthma.org.uk](http://www.asthma.org.uk) or 0800 121 6244) – for instance the online inhaler technique checker - [http://www.asthma.org.uk/using\\_your\\_inhaler.html](http://www.asthma.org.uk/using_your_inhaler.html).

Please complete the boxes below. If your score is 19 or less, your asthma symptoms may not be as well controlled as they could be.

	<b>SCORE</b>						
1. In the <u>past 4 weeks</u> , how much of the time did your <u>asthma</u> keep you from getting as much done at work, school or at home?	<b>SCORE</b>						
<table style="width: 100%; border: none;"> <tr> <td style="width: 20%;">All of the time [1]</td> <td style="width: 20%;">Most of the time [2]</td> <td style="width: 20%;">Some of the time [3]</td> <td style="width: 20%;">A little Of the time [4]</td> <td style="width: 20%;">None of the time [5]</td> <td style="width: 20%; text-align: right;">-----</td> </tr> </table>	All of the time [1]	Most of the time [2]	Some of the time [3]	A little Of the time [4]	None of the time [5]	-----	-----
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2. During the <u>past 4 weeks</u> , how often have you had shortness of breath?	<b>SCORE</b>						
<table style="width: 100%; border: none;"> <tr> <td style="width: 20%;">More than Once a day [1]</td> <td style="width: 20%;">Once a day [2]</td> <td style="width: 20%;">3 to 6 times a week [3]</td> <td style="width: 20%;">Once or twice a week [4]</td> <td style="width: 20%;">Not at all [5]</td> <td style="width: 20%; text-align: right;">-----</td> </tr> </table>	More than Once a day [1]	Once a day [2]	3 to 6 times a week [3]	Once or twice a week [4]	Not at all [5]	-----	-----
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3. During the <u>past 4 weeks</u> , how often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night, or earlier than usual in the morning?	<b>SCORE</b>						
<table style="width: 100%; border: none;"> <tr> <td style="width: 20%;">4 or more nights a week [1]</td> <td style="width: 20%;">2 to 3 nights a week [2]</td> <td style="width: 20%;">Once a week [3]</td> <td style="width: 20%;">Once or twice [4]</td> <td style="width: 20%;">Not at all [5]</td> <td style="width: 20%; text-align: right;">-----</td> </tr> </table>	4 or more nights a week [1]	2 to 3 nights a week [2]	Once a week [3]	Once or twice [4]	Not at all [5]	-----	-----
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4. During the <u>past 4 weeks</u> , how often have you used your reliever inhaler?	<b>SCORE</b>						
<table style="width: 100%; border: none;"> <tr> <td style="width: 20%;">3 or more times per day [1]</td> <td style="width: 20%;">1 or 2 times per day [2]</td> <td style="width: 20%;">2 or 3 times per week [3]</td> <td style="width: 20%;">Once a week Or less [4]</td> <td style="width: 20%;">Not at all [5]</td> <td style="width: 20%; text-align: right;">-----</td> </tr> </table>	3 or more times per day [1]	1 or 2 times per day [2]	2 or 3 times per week [3]	Once a week Or less [4]	Not at all [5]	-----	-----
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5. How would you rate your asthma control during the past 4 weeks?	<b>SCORE</b>						
<table style="width: 100%; border: none;"> <tr> <td style="width: 20%;">Not Controlled at All [1]</td> <td style="width: 20%;">Poorly Controlled [2]</td> <td style="width: 20%;">Somewhat Controlled [3]</td> <td style="width: 20%;">Well Controlled [4]</td> <td style="width: 20%;">Completely Controlled [5]</td> <td style="width: 20%; text-align: right;">-----</td> </tr> </table>	Not Controlled at All [1]	Poorly Controlled [2]	Somewhat Controlled [3]	Well Controlled [4]	Completely Controlled [5]	-----	-----
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<b>TOTAL:</b>					-----		

Height? \_\_\_\_\_ Weight? \_\_\_\_\_ Most recent Peak Flow reading? \_\_\_\_\_

If you do not have a peak flow meter, you can request a free one by ticking the box and circling where you want to collect the script from:

Collect from – Surgery      Rowlands Precinct      Rowlands Edinburgh Rd      Lloyds

Do you smoke?      Yes       Ex-smoker       Never smoked

Would you like an appointment for a face-to-face review of your asthma?      Yes       No

- If you would like help in stopping smoking, please contact your local pharmacy directly, or the local Stop Smoking Service on 0131 537 9914.
- *If you use a Spacer or Aerochamber device with your Inhalers, please ensure you renew it every 12 months, as these devices do become less effective after a year of use. To not wash with detergent; simply rinse under cold tap.*

Signature .....  
(if under 16, signature of Parents/Guardians)

Date .....

Patient's  
Telephone Number: .....

Patient's  
Mobile No: .....

With thanks,

Penicuik Medical Practice  
01968 672612

Please find below information regarding smoking. If you are a non smoker and do not require this information please return it with your questionnaire.

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### **Why is smoking bad for me?**

#### **➤ Your Heart**

One of the chemicals in cigarettes is nicotine. When it is breathed into the lungs, it is then absorbed into the blood stream. This causes a narrowing of the blood vessel and reduces the amount of blood that can flow through them. Over time, this narrowing of the blood vessels can have a very serious effect upon your heart. This is because the coronary arteries, which supply blood and oxygen to the heart muscle, become too narrow and the muscle is starved of oxygen. The resulting pain is called angina. Whilst smoking is not the only cause of angina, it is a major factor. Your GP may have given you drugs to help improve the blood flow to the heart. Each time you have a cigarette you are making it harder for the drugs to work.

#### **➤ Your Lungs**

As you breathe smoke into your lungs, a sticky tar-like layer forms over the inside surface of the lungs. This builds up over time to cause permanent damage. The smoke also causes irritation to the lining of the lungs and results in the production of a thick mucous building up. You are probably aware of this if you have a 'smokers cough'. There is also strong evidence to suggest that smoking causes lung cancer.

### **How can I stop smoking?**

- We all know that smoking is addictive and that it can be very difficult to stop. Try to be realistic and set yourself reasonable goals.
- Make a list of all the benefits of stopping, for example, the health benefits to you and those around you, saving money, improved sense of taste and improved fitness levels.
- Choose a day to quit and stick to it. Get rid of your cigarettes, ashtrays, lighters etc. Tell your family and friends you are quitting and ask for their support.
- Try to avoid situations which tempt you to smoke. If you feel the urge to smoke try to do something else instead.
- Keep at it!

**Stop smoking now and within 3 years your risk of having a heart attack is the same as if you had never smoked.**

How can I get help to stop smoking?

- We have an excellent local support programme. If you would like help in stopping smoking, please contact your local pharmacy directly, or the local Stop Smoking Service on 0131 537 9914

### **Nicotine Replacement Therapy (NRT)**

Nicotine is the addictive part of the cigarette. Addicted smokers can experience unpleasant nicotine withdrawal symptoms and cravings on stopping which undermines their effort to quit. NRT acts as a temporary replacement for smoking. By providing half the nicotine of cigarettes NRT reduces the

severity of withdrawal symptoms and doubles the chance of quitting successfully. NRT contains only nicotine and is free from the other harmful components of cigarette smoke. A range of NRT products are available, patches, gum, nasal sprays, microtabs and inhalators. Studies have shown that the products are equally effective.

Discuss with your GP or pharmacist the possibility of using one of the NRT products to ease withdrawal symptoms.

**Patch** – is easiest to use. It is applied each morning and worn for 16 or 24 hours. On the first day it takes 8 hours before the nicotine reaches full strength. Patches come in different strengths but the highest dose is recommended unless you smoke less than 10 cigarettes a day. Occasionally the patches can cause skin irritation, but changing to another brand usually solves the problem.

**Gum** – comes in 2mg or 4mg doses. Use 10-15 pieces a day. The taste can be unpleasant at first but most people get used to it within a few weeks. It is important to chew the gum slowly then rest it between the teeth and the inside of the cheek for a few minutes. Chew – rest – chew each piece for 20-30 minutes. Nicotine that is swallowed, due to incorrect chewing, is wasted and may give you heartburn or hiccups.

**Inhalator** – consists of a plastic mouthpiece and a supply of nicotine cartridges that fit inside. Smokers inhale it like a cigarette for 20 minutes every hour. The nicotine level peaks in 20-30 minutes. None of the nicotine reaches the lungs, it is absorbed in the mouth. Using the inhalator can cause coughing and throat irritation.

**Nasal Spray** – consists of a small bottle of nicotine solution. The spray is the fastest acting NRT product. It delivers peak nicotine level in 5-10 minutes and provides good craving relief. One squirt of the solution is applied to each nostril once or twice an hour. The spray can take a while to get use to, and if used wrongly can irritate the nose, but once the technique is mastered, this product can be a very successful form of NRT.

**Microtabs** – are small 2mg tablets that dissolve under the tongue. Nicotine is absorbed in the mouth and the peak nicotine level is reached in 20-30 minutes. The recommended dose is 15-30 tablets a day. If the tablets are swallowed they can cause hiccups or heartburn, they may also cause stinging in the mouth.

**NRT products are not a magic cure – effort and determination are still crucial.**

**Zyban (Bupropion)** – is an antidepressant. Studies have shown that Zyban can help smokers to quit. So far, the way in which it helps to reduce nicotine withdrawal symptoms and urges to smoke is not really understood. Treatment starts with 1 tablet daily while still smoking and increases to 2 tablets daily within 2 weeks. Quit day should be in the second week of treatment. Zyban is only available on prescription and it is not suitable for everyone, NRT may be more appropriate for you. Discuss with your GP the possibility of using Zyban.

For other advice phone:

**QUITLINE 0800 848484**

**ASH Tel: (020) 7739 5902**

[www.ash.org.uk](http://www.ash.org.uk)