

Asthma Parent Tasks Checklist

Below is a list of asthma management tasks parents with asthmatic children often have to manage. For each item: (1) circle the number that best describes how much of a problem that task has been for you, and; (2) rate how confident you are in dealing with it. If that task is not a current asthma management task, rate how confident you are that you could successfully deal with the task if it did occur. Remember to put a confidence rating for every item.

Rate your confidence from 1 (Certain I can't do it) to 10 (Certain I can do it).

	To what extent has this task been a problem for you?							How confident are you in dealing with it?
	Not at all	A little	Somewhat	Much	Very much			
1. Identifying your child's asthma triggers	1	2	3	4	5	6	7	<input type="text"/>
2. Helping your child to avoid asthma triggers	1	2	3	4	5	6	7	<input type="text"/>
3. Giving your child reliever medication for symptoms	1	2	3	4	5	6	7	<input type="text"/>
4. Giving your child reliever medication pre-exercise	1	2	3	4	5	6	7	<input type="text"/>
5. Giving your child's regular preventive medication	1	2	3	4	5	6	7	<input type="text"/>
6. Washing your child's spacer regularly	1	2	3	4	5	6	7	<input type="text"/>
7. Attending regular medical reviews with your child	1	2	3	4	5	6	7	<input type="text"/>
8. Following your child's asthma management plan	1	2	3	4	5	6	7	<input type="text"/>
9. Using the puffer and spacer as prescribed	1	2	3	4	5	6	7	<input type="text"/>
10. Getting your child to breathe correctly into their puffer	1	2	3	4	5	6	7	<input type="text"/>
11. Monitoring your child's asthma symptoms	1	2	3	4	5	6	7	<input type="text"/>

12. Recognising an asthma attack	1	2	3	4	5	6	7	<input type="checkbox"/>
13. Talking to teachers about your child's asthma	1	2	3	4	5	6	7	<input type="checkbox"/>
14. Talking to other caregivers about your child's asthma	1	2	3	4	5	6	7	<input type="checkbox"/>
15. Managing an asthma attack	1	2	3	4	5	6	7	<input type="checkbox"/>
16. Responding to an emergency	1	2	3	4	5	6	7	<input type="checkbox"/>
17. Taking responsibility for following your child's asthma management plan	1	2	3	4	5	6	7	<input type="checkbox"/>

Citation:

Morawska, A., Stelzer, J., & Burgess, S. (2008). Parenting asthmatic children: Identification of parenting challenges. *Journal of Asthma*, 45(6), 465-472. doi: 10.1080/02770900802040050