

Reliever Inhaler for asthma

There are no right or wrong answers
We are interested in your views

PART 1 Your views about your RELIEVER INHALER

1. Write the number for each question in the score box next to it.
2. Add up the number to get your score
3. Share your score with your doctor/nurse or pharmacist

1. Using my RELIEVER inhaler to treat symptoms is the best way to keep on top of my asthma

Strongly Disagree	1	Disagree	2	Uncertain	3	Agree	4	Strongly Agree	5
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2. I don't worry about asthma when I have my RELIEVER inhaler around

Strongly Disagree	1	Disagree	2	Uncertain	3	Agree	4	Strongly Agree	5
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3. My RELIEVER is the only asthma treatment I can really rely on

Strongly Disagree	1	Disagree	2	Uncertain	3	Agree	4	Strongly Agree	5
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4. The benefits of using my RELIEVER inhaler easily outweigh any risks

Strongly Disagree	1	Disagree	2	Uncertain	3	Agree	4	Strongly Agree	5
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5. I prefer to rely on my RELIEVER inhaler than my STERIOD PREVENTER inhaler

Strongly Disagree	1	Disagree	2	Uncertain	3	Agree	4	Strongly Agree	5
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PART 1– See reverse to interpret your scores

PART 2 Using your RELIEVER INHALER

1. Know your score
2. Share your score with your doctor/nurse or pharmacist

6. During the past 4 weeks how often have you used your RELIEVER INHALER

Not at all	1	Once a week Or less	2	2-3 times a week	3	1-2 times a day	4	3 or more times a day	5
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PART 2 If you score more than 3? You may be using too much of your reliever inhaler. The higher the score the greater the risk of experiencing preventable asthma symptoms and attacks. Talk to your doctor. There may better ways of managing your asthma

Part 1
SCORE

Part 1
TOTAL

Part 2
SCORE