

Child Asthma Plan Symptom Diary

Your guide to scoring symptoms.

Use the diary to keep a record of your child's symptoms. Symptoms can be things like a cough or a wheezing sound. Take the diary with you when you see your doctor, nurse or asthma educator. It will help them to know how your child has been and how to manage their asthma better.

Score in the first three columns:

- No symptoms will score..... 0
- Mild symptoms will score..... 1
- Moderate symptoms that distress the child will score..... 2

Getting these scores absolutely correct isn't essential – the day-to-day trends are often more important. Recording changes of reliever medication given can help to show if asthma is worsening.

The remaining columns on the diary allow you to fill in other details that will be helpful. Things that may have caused symptoms are important:

- triggers such as cigarette smoke, cats or cold air
- minor behaviour changes can be an early sign of illness.

Record your child's symptoms on the diary every day (put the chart on the fridge door to help you remember). You can use the key below as a guide. Match your scores to the colours on the Child Asthma Plan. This will help you to change your child's treatment as symptoms change, as shown on the Asthma Plan. Children with well-controlled asthma should have few or no symptoms. Turn over to fill in the diary.

SYMPTOMS	0 = WELL	1 = ASTHMA MILD	2 = ASTHMA WORSE	ASTHMA EMERGENCY
Day time cough, wheezing or breathlessness	None	Mild	Moderate	Severe &/or sudden onset
Night time cough, wheezing	Good night, slept well	Coughed occasionally	Sleep disturbed by regular cough or wheeze	Coughed or wheezed all night
Activity or behaviour altered	Same as other children	Symptoms when excited or running	Cannot play like other children	Child... Distressed Gasping for breath Pale Quiet Finding it hard to speak 'Not with it' Not responding Reliever not working
OTHER IMPORTANT INFORMATION FOR YOUR SYMPTOM DIARY				
Reliever doses	Record the number of times you give the child their medication each day			
Preventer doses				
Other medicines given	Record any other medications you give the child eg antibiotics, paracetamol			
Comments eg developing a cold, blocked or runny nose or possible triggers	Record events that may be important, such as triggers (cigarette smoke, animals etc) or other health problems (eg tummy ache, unusual foods eaten)			
				Dial 111 for an ambulance. Keep child calm and sitting upright. Keep using reliever.



The Asthma and Respiratory Foundation of New Zealand (Inc.)
Te Taumatua Huangō,
Mate Ha o Aotearoa

Your Child's Diary

Name	
Doctor	Phone
Preventer	
Reliever (blue inhaler)	



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Mate Ha o Aotearoa

Refer to your Asthma Plan for more details on what action to take



If you are frightened at any stage call 111

Date	Day	Night time cough or wheezing 0-2	Day time cough or wheezing 0-2	Activity or behaviour altered 0-2	Number of reliever doses given	Number of preventer doses given	Other medicines given	Comments e.g. developing a cold, blocked or runny nose, possible triggers
/	Mon							
/	Tue							
/	Wed							
/	Thu							
/	Fri							
/	Sat							
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