

NM Pic-AAP

Name: _____

Date: _____



15 minutes before



__ puffs with spacer

Morning

chewable tablets

+

__ puffs with spacer

Night

chewable tablets

Spacer
Inhaler



- Trouble breathing
- Cough in day or night
- Wheeze
- Tightness in chest

Triggers:

+
+

Morning

Night

Every
4
hours



__ puffs with spacer

If not feeling better in 1 day, call your doctor.



- Can't stop coughing
- Breathing is hard and fast
- Can't walk or talk well
- Ribs show when breathing

__ puffs with spacer

OR

Every
20
min

+

911

+



The pictorial asthma action plan (Pic-AAP) is a patient education tool intended to supplement the NMDOH asthma action plan. The Pic-AAP is designed to engage children and families in asthma self-management and improve overall measures of asthma control. The objectives of this Quality Improvement (QI) initiative are to incorporate the use of Pic-AAP during regularly scheduled asthma primary care visits for children and their families and track measures of asthma control for children who use the Pic-AAP. The Pic-AAP was developed in collaboration with University of New Mexico, Department of Pediatrics, Envision New Mexico. If you are interested in participating in a pilot study (UNM IRB 17-044) to evaluate the Pic-AAP, please contact Matt Cross-Guillén with the NMDOH, Epidemiology and Response Division, Asthma Control Program at 505-476-3531 or matthew.cross@state.nm.us or Brandon Bell at 505-925-7520 or email brbell@salud.unm.edu