

# NM Pic-AAP

Name: \_\_\_\_\_

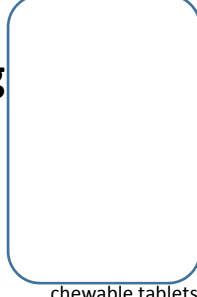
Date: \_\_\_\_\_



15 minutes before



Morning



Night



chewable tablets

chewable tablets



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

Triggers:



Morning

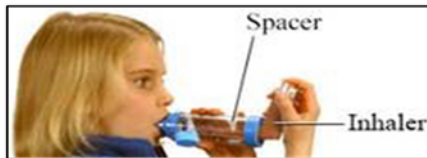


Night



Every 4 hours

\_\_\_ puffs with spacer



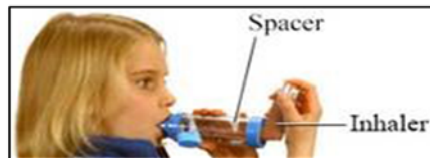
If not feeling better in 1 day, call your doctor.



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

\_\_\_ puffs with spacer

OR



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](mailto:matthew.cross@state.nm.us) or Brandon Bell at 505-925-7520 or email [brbell@salud.unm.edu](mailto:brbell@salud.unm.edu)