

## WHAT HAPPENS AT A CLINIC A APPOINTMENT?

Clinic A is primarily for patients with Asthma or Chronic Obstructive Pulmonary Disease (COPD).

So what happens at a clinic A appointment?

### Physical Examination

1. Height and Weight: Your weight is often calculated as Body Mass Index (BMI), which expresses your adult weight in relation to your height.
2. Blood pressure should be taken at every clinic visit. You will be advised on an appropriate target for your particular situation.
3. Inhaler technique: **IT IS VITAL THAT YOU BRING ALL YOUR INHALERS WITH YOU TO THE APPOINTMENT.** Our nurses are experts on asthma and COPD and they may be able to help improve your inhaler technique so that your condition is better controlled and medications used appropriately.

### Asthma

You will be asked a few questions about your asthma and whether it is affecting your daily activities, i.e. exercising, sleeping or at rest.

If appropriate a spirometry test will be undertaken this is a test that can help diagnose various lung conditions, most commonly chronic obstructive pulmonary disease (COPD).

You will be asked to perform a peak flow test: this is a lung function test to measure how fast you can breathe out.

Asthma Action Plan—the nurse will help you complete this step by step guide that helps you stay on top of your asthma.

### COPD

You will be asked some questions from the MRC breathlessness scale which measures COPD's effect on your daily activities.

If appropriate a spirometry test will be undertaken this is a test used to monitor the severity of your lung condition.

Your blood oxygen saturation will be tested: Oxygen saturation is a measure of how much oxygen the blood is carrying.

The COPD Assessment Test (CAT) is a questionnaire for people with COPD. It is designed to measure the impact of COPD on a person's life.

### Lifestyle Issues

Every year you should have enough time to discuss in the clinic:

Your general well-being, including how you cope with your long term condition/s.

Any problems you may be having.

Discussion should include, where relevant, issues such as diet, smoking, alcohol consumption, stress/anxiety and physical exercise. You should feel free to raise any or all of these issues with your nursing team.

***The clinic visit therefore involves many assessments and will take some time to complete in order to assess your long term conditions properly. Please therefore allow yourself plenty of time for your clinic visit.***