



CENTRE OF EXCELLENCE IN  
**SEVERE ASTHMA**

*Innovative solutions for severe asthma*

**SEVERE ASTHMA ASSESSMENT CHECKLIST**

This checklist is intended to provide a practical structure, which can be used to inform the diagnosis and characterisation of severe asthma in the clinic.

<b>Clinical Question</b>	<b>Assessment</b>	<b>Notes</b>
1. Has the Diagnosis of Asthma Been Confirmed?	Compatible history and objective evidence of variability in symptoms and lung function over time; either spontaneously, with treatment or following bronchial provocation testing.	
2. Is it Severe?	<ul style="list-style-type: none"> <li>• Poor control</li> <li>• Airflow obstruction</li> <li>• Frequent exacerbations</li> <li>• Life-threatening episodes</li> </ul>	
3. Is Treatment Optimal?	<ul style="list-style-type: none"> <li>• High-dose inhaled corticosteroids (ICS) and</li> <li>• Long-acting beta agonists (LABA) or other controller</li> </ul>	
4. Are Self-Management Skills Optimal?	<u>Optimised:</u> <ul style="list-style-type: none"> <li>• Inhaler device technique</li> <li>• Adherence</li> <li>• Self-monitoring</li> <li>• Disease knowledge</li> <li>• Written action plan</li> </ul>	
5. Are Trigger Factors Identified and Managed?	<ul style="list-style-type: none"> <li>• Allergens</li> <li>• Cigarette smoke</li> <li>• Respiratory viral infection</li> <li>• Emotional stress</li> <li>• Mould or dampness</li> <li>• Patient-reported triggers</li> </ul>	
6. Is Co-Morbidity Identified and Managed?	<ul style="list-style-type: none"> <li>• Sino-nasal disease (e.g. rhinosinusitis, rhinitis)</li> <li>• Dysfunctional breathing</li> <li>• Paradoxical vocal fold movement</li> <li>• Obstructive sleep apnoea</li> <li>• Anxiety and/or Depression</li> <li>• Gastro-oesophageal reflux disease</li> <li>• Obesity</li> </ul>	



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7. What is the Pattern of Airway Inflammation?	Eosinophilic (sputum assessment, FeNO, blood eosinophils) Neutrophilic (sputum assessment) Mixed (sputum assessment) Paucigranulocytic (sputum assessment)	
8. What is the Optimal Individualised Management Plan?	Developed with evidenced based interventions that target clinical issues identified during a systematic and multidimensional assessment, in partnership with patients and clinicians, considering patient preferences.	

This checklist has been developed within the National Health and Medical Research Council (NHMRC) Centre of Excellence in Severe Asthma ([www.severeasthma.org.au](http://www.severeasthma.org.au)).