FIGURE 1-9. PATIENT SELF-ASSESSMENT: EXAMPLE OF PATIENT DIARY

	0				Quick Relief: Beta ₂ – Agonist	Cromolyn/Nedocromil	Inhaled Steroids	Other – Inhaled	eroids	ylline	Peak Flow		low		
Date	Wheeze	Cough	Activity	Sleep	Quick F Beta ₂ –	Cromo	Inhaled	Other -	Oral Steroids	Theophylline	АМ	PM	Other Times	Commen	ts
			<u> </u>				,								
·															
Wheeze	None :		=	0 ,		Some =			1	Medium			= 2	Severe	= 3
Cough		None = 0			0	Occasional = 1				Frequent = 2			= 2	Continuous	= 3
Activity		Normal = 0			di	Can run short distance or climb = 1 3 flights of stairs				Can walk only = 2			= 2	Missed school or work or stayed indoors	= 3
Sleep		Fine = 0			SI	Slept well. slight wheeze or cough = 1				Awake 2-3 times, wheeze or cough = 2			= 2	Bad night, awake most of the time	= 3

Adapted with permission from Plau: 1991.

This diary is provided as an example for clinicians.