Clinical Patient Counselling - Asthma

Experiment 18 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To counsel a fictional person with asthma.

Principle

Airway inflammation and variable narrowing make both correct inhaler use and an individual action plan important.

Key Points

- Check the actual reliever/controller plan; products and regimens differ.
- Demonstrate the exact inhaler and spacer when appropriate.
- Frequent symptoms or increasing reliever use need review; severe breathing difficulty needs urgent care.

Practice Scenario

Fictional role-play case: A fictional student uses an inhaler without coordination and has recurring night symptoms.

Activity Procedure

1. Assess

Ask about understanding, actual medicine instructions, adherence and concerns.

2. Explain

Explain the medicine purpose and practical self-care in plain language.

3. Demonstrate

Demonstrate a relevant device or reminder method when applicable.

4. Plan

Correct technique, confirm adherence and refer poor control to the care team.

5. Teach back

Ask the partner to repeat the plan and record follow-up needs.

Record and Observations

Topic	Counselling record
Medicine / adherence concern	_____
Key explanation	_____
Teach-back	_____
Referral / follow-up	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Precautions

- Use the supplied case and medicine labels; do not issue a prescription.

Viva Questions and Answers

1. Why ask about actual use?

Prescribed directions and the way a person uses treatment may differ.

2. Why use teach-back?

It checks practical understanding.

3. Can a student change the regimen?

No; treatment changes require the authorised clinician's plan.

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