

Rating Scale for Asthma Diaries Based on Peak Flow Scores

Each category is scored based on completeness, accuracy and ease of use and can achieve a score of fifteen only if items five and ten are fulfilled.

Gives Instructions

The diary should have clear, user-friendly instructions that explain each component to be filled out by the patient or parent. Instructions should be on the same sheet as the diary itself.

- 5 instructions provided
- 10 instructions cover at least three diary components (described below)
- 15 instructions include example of how to fill out the diary

Based on Peak Flow

Peak flow monitoring is an essential component of asthma education and management. Peak flow readings provide an early, objective indicator of asthma status. A diary should emphasize the recording and comparison of peak flow scores, before and after treatment with a quick relief medicine, and over the course of time. A graphic layout enhances the ability of the diary user to assess asthma status and identify trends. The zones (green, yellow, red) serve as a guide for treatment decisions by the patient or parent. Asthma signs can be substituted in diaries designed for patients under five years of age.

- 5 space for recording peak flow scores
- 10 graph layout for recording scores
- 15 graph organized into peak flow zones

Includes Signs and Symptoms

A diary should have a separate space to record asthma signs (cough, wheeze, increased respirations and retractions) and symptoms. It should also provide a way for patients to quantify signs to help with assessing asthma status.

- 5 separate space to record signs or symptoms
- 10 three signs and/or symptoms listed on diary with some method to assess severity of each
- 15 four signs and/or symptoms listed on diary with a score assigned to frequency or intensity of each

Lists Medicines

Medicine names should be printed on the diary with space for brand names, dosage and frequency. The patient can then record daily treatment and observe efficacy, onset and duration of action. The patient will be able to see that a change in dose has an effect on peak flow scores and asthma signs.

- 5 separate space to list each medicine type
- 10 adequate space for brand name, dose and frequency
- 15 space for patient to check off each medicine dose taken each day

Comments / Triggers

Space for the patient to record asthma triggers and other comments. Each day should stand in clear relationship to other items in the diary. This design assists with overall evaluation of treatment and status. The diary often demonstrates that triggers are additive.

- 5 designated space for comments and/or triggers observed by patient
- 10 adequate space to log trigger or comment of at least 8 words
- 15 comment space linked clearly with entries of peak flow, signs, symptoms and medicine on the same day

Design

An asthma diary is most useful to the patient and physician when it shows the relationship between the many pieces of the asthma puzzle. For example, peak flow often drops before the appearance of signs or symptoms. Triggers cause a change in peak flow scores, signs and symptoms. Information should be recorded in such a way that the patient can see the relationship between these events.

- 5 diary design relates two categories
- 10 diary design relates three categories
- 15 diary design relates four categories

Color

Color serves two functions in an asthma diary. It clearly demarcates the three peak flow zones: green, yellow and red. When scores move into a different zone, it signals the need to change treatment. Color also attracts the eye to the page, leading to more frequent use of the diary.

- 10 green, yellow and red colors clearly delineate the peak flow zones

Comparison of Asthma Diaries Printed after 1991

Each category is scored based on completeness, accuracy and ease of use (0, 5, 10, 15)

Company	Publication	Date	Source	Instructions	PF	Signs/Sym	Meds	Comments	Design	Color	Total
Pedipress	Asthma Peak Flow Diary	2002	sheets	15	15	15	15	15	15	10	100
Pedipress	Flujo Maximo	1996	sheets	15	15	15	15	15	15	10	100
Pedipress	Asthma Signs Diary*	2002	sheets	15	15	15	15	15	15	10	100
NAEPP/NHLBI	Guidelines†	1997	book	0	5	15	15	15	10	0	60
3-M	Symptom / Peak Flow†	1996	sheets	10	5	5	5	15	10	0	50
AAFA	You Can Control Asthma	1994	work book	10	0	0	5	10	10	0	35
AAN/MA	Asthma Trainer	2004	sheets	5	5	5	5	0	10	0	30
Spirometrics	Spir-O-Flow	2002	insert	15	10	0	0	5	0	0	30
Respironics	Personal Best insert	1992	insert	10	10	0	10	0	0	0	30
Monaghan	Truzone	1994	insert	15	10	0	0	0	0	0	25
Ferraris Medical	PocketPeak	2002	insert	5	10	0	5	0	0	0	20
Vital-O-Graph	AsthmaPlan+	N/A	insert	0	10	5	0	0	5	0	20
Respironics	Assess insert	2001	insert	0	10	0	0	5	0	0	15
Clement Clarke	MiniWright	2000	insert	5	10	0	0	0	0	0	15
Dey Lab	Astech	1992	insert	0	5	0	0	5	0	0	10
§											
§											

*For children under five years of age, substitutes signs for peak flow score.

†Modified from a Pedipress diary.

§ Use these spaces to rate other diaries.

Pedipress, Inc.
 125 Red Gate Lane
 Amherst MA 01002
 Phone (800) 611-6081
 Fax (413) 549-4095
 Email info@pedipress.com
 Visit www.pedipress.com