

Get **LUNGFESSIO<sup>ns</sup>** from your patients with asthma.

# Conversation Guide

## for HCPs

Beyond managing the clinical aspects of asthma, many patients face challenges that go unspoken and unseen.<sup>1-3</sup> The longer they stay silent, the harder it can be to maintain progress. But you can help ease their struggles through deeper conversation.

### Starting the conversation

To have the most productive conversation with your patients, let them know:

- You'll be asking some deeper questions about their challenges in managing asthma
- They should answer as honestly as possible—to give you their Lungfessions (what's really on their mind)
- These Lungfessions can help you build an asthma management plan that fits their life

### Use these evidence-based questions to help get your patients' Lungfessions.

1. What worries you most about your asthma?
2. What barriers or difficulties might you have had when using your medications?
3. How have you tried to control things that make your asthma worse?
4. What activities does your asthma keep you from doing?
5. If you didn't have to worry so much about asthma, what would you want to be doing more of?
6. What are your priorities regarding symptom control, such as coughing or wheezing less?
7. How would you describe your relationship with your inhaler?
8. How were you taught to use your inhaler? Could you show me how you use it?
9. What barriers do you face in managing your asthma? These could include cost of medication, proximity to your doctors and specialists, scheduling appointments, etc.

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# LET'S KEEP THE CONVERSATION GOING

By uncovering the issues that can threaten asthma management over time, you can help your patients continue to reach their treatment goals.



Get the full story at **Lungfessions.com**

- **Read more about patient Lungfessions**
- **Find the latest data on patients' silent struggles**
- **Learn actionable insights to help take progress further**

**References:** **1.** Levy AG, Scherer AM, Zikmund-Fisher BJ, Larkin K, Barnes GD, Fagerlin A. Prevalence of and factors associated with patient nondisclosure of medically relevant information to clinicians. *JAMA Netw Open*. 2018;1(7):e185293. doi:10.1001/jamanetworkopen.2018.5293 **2.** New survey studies the lies patients and doctors tell: a new patient-doctor communication study. MedicareAdvantage.com. Published August 2018. Accessed February 22, 2025. <https://www.medicareadvantage.com/patient-doctor-lies-survey> **3.** Asthma and Allergy Foundation of America. My life with asthma survey overview. Published 2017. Accessed February 22, 2025. <https://aafa.org/wp-content/uploads/2022/08/my-life-with-asthma-in-2017-survey-findings-report.pdf>

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