



## Asthma Adherence Tips

To improve asthma adherence in kids, focus on routine, positive reinforcement, education, and correct medication use.

- Create a routine:
  - **Use reminders** – set alarms on phones, set the medication in plain sight near items that are used daily such as a toothbrush. *Ensure that the medication and spacer are kept in a clean container or bag to reduce exposure to contaminants if stored in the bathroom.*
  - **Reward adherence** – Use a sticker chart, rewards, or other positive reinforcement system.
- Correct medication use:
  - **Spacers** – metered dose inhalers should always be used with a spacer no matter the age of the child or adult. A spacer helps the medication reach the lungs.
  - **Dosage** – Use the medications as prescribed. Missed doses of controller medications can lead to more exacerbations.
- Education:
  - **Age appropriate** – use materials that are easy to read and understand. It is important for children to understand what is happening with asthma, why the medications are important, and how they work.
  - **Empowerment** – help your child to feel empowered to manage their asthma by providing them with knowledge and tools.
- Address Emotional and Behavioral Factors:
  - **Anxiety and Fear** – identify any anxiety or fear that asthma may be placing on the child. This can include symptoms and/or taking the medications.
  - **Social stigma** – If your child is embarrassed about using the inhaler in public, discuss this social anxiety with them. Recommend stepping into a private area such as bathroom to use the inhalers.
  - **Parent and child collaboration** – Encourage open communication between parents and children regarding medication usage and symptoms occurrence.
- Address Environmental Factors:
  - **Trigger avoidance** – identify and avoid the things that make asthma worse.
  - **Smoke exposure** – avoid secondhand smoke exposure. Do not smoke or vape inside the car or home.
  - **Exercise** – encourage regular exercise but advise the child to carry their inhaler with them and use as needed.
- Asthma Action Plan:
  - **Ask your Provider** – an Asthma Action Plan can help you to know what to do for symptoms at home