

Helpful Tips for Asthma Care Invention Clinic

Who We Are

The Asthma Care Invention Clinic is a safe place where you come to get help taking care of your asthma and other health needs. You and your parents also play an important role in helping us. By partnering with you, we can:

- Explore and create new ways to help others with asthma
- Share your knowledge and experience with asthma
- Learn effective ways to reach out to other teens like you

That's why we often ask your thoughts on some of the projects we're working on. Want to be more involved? Ask about our Teen Advisory Board.



When to Contact Us

Call the Teen Health Center (513-636-4681) right away if:

- You are in the yellow zone of your asthma action plan for 24 hours or more
- You enter the red zone at all
- You are worried about your breathing
- You need to talk to someone right away

Call Anna-Liisa (513-636-7863) if:

- You have a question about something that you were told at your visit
- You need results from a test and can wait until she's in her office

Call the Teen Health Center appointment line (513-636-4681 then press 1) if:

- You need to change, cancel or make a new appointment

What to Expect During a Visit

- First, you check in at the front desk. You will be asked to give information about where you live and your health insurance. If you are under 18 and your parent / guardian is not with you, we will call them to get permission to see you.
- Then you have a seat in the waiting room.
- Next, a medical assistant will call your name and take you back to get your blood pressure and weight. Depending on the reason for your visit, you may get other tests, like an eye exam.
- You and your parent will be given a clipboard with questions about your asthma. This information helps us to know how you are doing and whether the medicines you are taking now are working as well as they should be.
- If a room is ready, you will be taken to the exam room. If not, you will go back to the waiting room until a room is available.
- Once you're in an exam room, a doctor or nurse practitioner will talk with you and examine you. A second doctor may come in to go over the most important parts.
- Depending on how your asthma is doing, a nurse educator may come in to teach you about asthma and how to manage it better.
- Another member of your health care team may come in to ask you to answer a survey or to ask your opinion about something to help improve the way we take care of teenagers with asthma. **You can ALWAYS say "no" to helping us in this way.**
- If you need shots or tests, these will usually be done right in clinic.
- At the end, one of the doctors or nurses will come back in to make sure you got all your questions answered, you have your prescriptions and papers, and you know when to come back.