

SYMPTOM DIARY: CHILD WITH ASTHMA

HOUSING, HEATING AND HEALTH STUDY 2006

BOOK ONE

MAY 29 - JULY 23

Child's Name	
Address	
Doctor's Name	
Doctor's Phone	
ID Code	
School	

Please list the type of medicines you use for your asthma	
Preventer Name	
Strength (μg)	
Number of puffs taken:	Number of times per day:

Reliever name	
Strength (μg)	

IF LOST PLEASE RETURN TO:

HE KAINGA ORANGA
PUBLIC HEALTH DEPARTMENT
WELLINGTON SCHOOL OF MEDICINE
PO BOX 7343
WELLINGTON SOUTH

This record of your child's symptoms will help the Research Team and community health worker know how your child has been.

Symptoms can be things like a cough or wheezing sound, and if your child has a cold can also be things like a runny nose or headache.





A score of **0** means there are no symptoms

A score of **1** means mild symptoms

A score of **2** means moderate symptoms

A score of **3** means severe symptoms

Record your child's symptoms every day (put the chart on the fridge door or next to your bed to help you remember). You can use the key below as a guide.

SYMPTOMS	0 	1 	2 	3 
Day cough or wheezing	None	Mild	Moderate	Severe and/or sudden onset
Night cough or wheezing	None, slept well	Coughed/ wheezed occasionally	Sleep disturbed by cough or wheeze	Coughed or wheezed all night
Runny/stuffed nose	None	Mild	Moderate	Extremely blocked/ runny
Sore throat	None	Mild scratchiness	Moderate discomfort	Difficulty swallowing

The diary records how many times your child had to take their reliever or preventer each day, and reminds you to take your child's peak flow each morning and night. Peak flows should be taken at the same time each day – when the child wakes up and before the child goes to bed. You must write the peak flow measurement in the diary.

If you have any questions, you can contact your community health worker:

If you are frightened at any stage, call 111.

Do you take any additional medicine? If so what is its name, strength and frequency?

Name:

Strength:

Frequency:

USING THE PIKO METER

You should use the meter every morning just after you get up; and again at night just before you go to bed. Unless there is some good reason (e.g. your asthma is bad and you want to know the reading) please only use the peak flow meter twice a day – it can only record 96 measurements.

If possible try to do 3 to 5 readings within 3 minutes – the piko meter will choose only the best measurement to record.

- 1 To turn the meter on, press the blue button once. You will see the results of the last reading on the screen.
- 2 Your child should stand up, and press the blue button again. When the meter beeps twice it is ready to start.
- 3 Your child should breathe in as much as he/she can.
- 4 Then put the mouthpiece in his/her mouth. Making sure make sure their hand isn't covering the vent-hole that the breath comes out of.
- 5 Then your child should breathe out as hard and fast as he/she can, and keep on breathing out for as long as they can.
- 6 If there is a long beep then it means that either the reading is very low or that there was some problem with it – maybe your child coughed when doing the reading, or didn't blow for long enough (the piko meter needs a longer blow than some other meters), or the blow started slowly. Try again.
- 7 Return to Step 2 to do repeated readings.
- 8 The Meter will turn itself off when you have finished.

CARING FOR THE PIKO METER

Please keep the Piko meter away from water. It will stop working if it is covered in water, (for example if it falls into the bath or the kitchen sink)

To clean it, you can wipe it with a cloth dampened with water. Do not dampen the cloth with anything except water. Dry it with a dry cloth, or just leave it to air dry – do not use heat to dry it.

Your community worker will detach and clean the mouth-piece if you ask while they're there.

Do not poke things inside the piko meter.



Note hands
away from
vents

WEEK ONE:

MAY 29th - JUNE 4th

SYMPTOM KEY:



NONE



MILD



MODERATE



SEVERE

• COMPLETE BOTH OF THESE CHARTS EACH MORNING

EXAMPLE

Date	Sun May 28	Mon May 29	Tue May 30	Wed May 31	Thu Jun 01	Fri Jun 02	Sat Jun 03	Sun Jun 04
Reliever taken at night?	Yes							
Cough during the night	1							
Wheeze during the night	0							
Cough upon waking	2							
Wheeze upon waking	3							
Did you feel cold during the night?	Yes							
Were you off school yesterday because of your asthma?	No							
Did you see a doctor/nurse yesterday because of your asthma?	No							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long beep, please circle these.

EXAMPLE

Date	Sun May 28	Mon May 29	Tue May 30	Wed May 31	Thu Jun 01	Fri Jun 02	Sat Jun 03	Sun Jun 04
FIRST PEF	345							
READING FEV	2.11							
SECOND PEF	234							
READING FEV	1.22							
THIRD PEF	344							
READING FEV	3.11							
FOURTH PEF	999							
READING FEV	1.53							
FIFTH PEF	200							
READING FEV	2.31							

COMMENTS:

WEEK ONE:

MAY 29th - JUNE 4th

SYMPTOM KEY:



• COMPLETE BOTH THESE CHARTS EACH EVENING

EXAMPLE

Date	Sun May 28	Mon May 29	Tue May 30	Wed May 31	Thu Jun 01	Fri Jun 02	Sat Jun 03	Sun Jun 04
Number of preventer puffs taken today	2							
Number of reliever puffs taken today	1							
Cough during the day	3							
Wheeze during the day	3							
Runny nose or sneezing	0							
Blocked or stuffy nose	0							
Sore throat or hoarse voice	0							
Headaches or face-aches	0							
Aches or pains elsewhere	0							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long beep, please circle these.

EXAMPLE

Date	Sun May 28	Mon May 29	Tue May 30	Wed May 31	Thu Jun 01	Fri Jun 02	Sat Jun 03	Sun Jun 04
FIRST READING	PEF 345							
	FEV 2.11							
SECOND READING	PEF 234							
	FEV 1.22							
THIRD READING	PEF 344							
	FEV 3.11							
FOURTH READING	PEF 999							
	FEV 1.53							
FIFTH READING	PEF 200							
	FEV 2.31							

COMMENTS:

WEEK TWO:

JUNE 5th - JUNE 11th

SYMPTOM KEY:



• **COMPLETE BOTH OF THESE CHARTS EACH MORNING**

Date	Mon Jun 05	Tue Jun 06	Wed Jun 07	Thu Jun 08	Fri Jun 09	Sat Jun 10	Sun Jun 11
Reliever taken at night?							
Cough during the night							
Wheeze during the night							
Cough upon waking							
Wheeze upon waking							
Did you feel cold during the night?							
Were you off school yesterday because of your asthma?							
Did you see a doctor/nurse yesterday because of your asthma?							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long **beep**, please circle these.

Date	Mon Jun 05	Tue Jun 06	Wed Jun 07	Thu Jun 08	Fri Jun 09	Sat Jun 10	Sun Jun 11
FIRST READING	PEF						
	FEV						
SECOND READING	PEF						
	FEV						
THIRD READING	PEF						
	FEV						
FOURTH READING	PEF						
	FEV						
FIFTH READING	PEF						
	FEV						

COMMENTS:

WEEK TWO:

JUNE 5th - JUNE 11th

SYMPTOM KEY:



• **COMPLETE BOTH THESE CHARTS EACH EVENING**

Date	Mon Jun 05	Tue Jun 06	Wed Jun 07	Thu Jun 08	Fri Jun 09	Sat Jun 10	Sun Jun 11
Number of preventer puffs taken today							
Number of reliever puffs taken today							
Cough during the day							
Wheeze during the day							
Runny nose or sneezing							
Blocked or stuffy nose							
Sore throat or hoarse voice							
Headaches or face-aches							
Aches or pains elsewhere							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long beep, please circle these.

Date	Mon Jun 05	Tue Jun 06	Wed Jun 07	Thu Jun 08	Fri Jun 09	Sat Jun 10	Sun Jun 11
FIRST READING	PEF						
	FEV						
SECOND READING	PEF						
	FEV						
THIRD READING	PEF						
	FEV						
FOURTH READING	PEF						
	FEV						
FIFTH READING	PEF						
	FEV						

COMMENTS:

WEEK THREE:

JUNE 12th - JUNE 18th

SYMPTOM KEY:



- **COMPLETE BOTH OF THESE CHARTS EACH MORNING**

Date	Mon Jun 12	Tue Jun 13	Wed Jun 14	Thu Jun 15	Fri Jun 16	Sat Jun 17	Sun Jun 18
Reliever taken at night?							
Cough during the night							
Wheeze during the night							
Cough upon waking							
Wheeze upon waking							
Did you feel cold during the night?							
Were you off school yesterday because of your asthma?							
Did you see a doctor/nurse yesterday because of your asthma?							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long **beep**, please circle these.

Date	Mon Jun 12	Tue Jun 13	Wed Jun 14	Thu Jun 15	Fri Jun 16	Sat Jun 17	Sun Jun 18
FIRST READING	PEF						
	FEV						
SECOND READING	PEF						
	FEV						
THIRD READING	PEF						
	FEV						
FOURTH READING	PEF						
	FEV						
FIFTH READING	PEF						
	FEV						

COMMENTS:

WEEK THREE:

JUNE 12th - JUNE 18th

SYMPTOM KEY:



• **COMPLETE BOTH THESE CHARTS EACH EVENING**

Date	Mon Jun 12	Tue Jun 13	Wed Jun 14	Thu Jun 15	Fri Jun 16	Sat Jun 17	Sun Jun 18
Number of preventer puffs taken today							
Number of reliever puffs taken today							
Cough during the day							
Wheeze during the day							
Runny nose or sneezing							
Blocked or stuffy nose							
Sore throat or hoarse voice							
Headaches or face-aches							
Aches or pains elsewhere							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long **beep**, please circle these.

Date	Mon Jun 12	Tue Jun 13	Wed Jun 14	Thu Jun 15	Fri Jun 16	Sat Jun 17	Sun Jun 18
FIRST READING	PEF						
	FEV						
SECOND READING	PEF						
	FEV						
THIRD READING	PEF						
	FEV						
FOURTH READING	PEF						
	FEV						
FIFTH READING	PEF						
	FEV						

COMMENTS:

WEEK FOUR:

JUNE 19th - JUNE 25th

SYMPTOM KEY:



NONE



MILD



MODERATE



SEVERE

• COMPLETE BOTH OF THESE CHARTS EACH MORNING

Date	Mon Jun 19	Tue Jun 20	Wed Jun 21	Thu Jun 22	Fri Jun 23	Sat Jun 24	Sun Jun 25
Reliever taken at night?							
Cough during the night							
Wheeze during the night							
Cough upon waking							
Wheeze upon waking							
Did you feel cold during the night?							
Were you off school yesterday because of your asthma?							
Did you see a doctor/nurse yesterday because of your asthma?							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long beep, please circle these.

Date	Mon Jun 19	Tue Jun 20	Wed Jun 21	Thu Jun 22	Fri Jun 23	Sat Jun 24	Sun Jun 25
FIRST READING	PEF						
	FEV						
SECOND READING	PEF						
	FEV						
THIRD READING	PEF						
	FEV						
FOURTH READING	PEF						
	FEV						
FIFTH READING	PEF						
	FEV						

COMMENTS:

WEEK FOUR:

JUNE 19th - JUNE 25th

SYMPTOM KEY:



• **COMPLETE BOTH THESE CHARTS EACH EVENING**

Date	Mon Jun 19	Tue Jun 20	Wed Jun 21	Thu Jun 22	Fri Jun 23	Sat Jun 24	Sun Jun 25
Number of preventer puffs taken today							
Number of reliever puffs taken today							
Cough during the day							
Wheeze during the day							
Runny nose or sneezing							
Blocked or stuffy nose							
Sore throat or hoarse voice							
Headaches or face-aches							
Aches or pains elsewhere							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long **beep**, please circle these.

Date	Mon Jun 19	Tue Jun 20	Wed Jun 21	Thu Jun 22	Fri Jun 23	Sat Jun 24	Sun Jun 25
FIRST READING	PEF						
	FEV						
SECOND READING	PEF						
	FEV						
THIRD READING	PEF						
	FEV						
FOURTH READING	PEF						
	FEV						
FIFTH READING	PEF						
	FEV						

COMMENTS:

WEEK FIVE:

JUNE 26th - JULY 2nd

SYMPTOM KEY:



• **COMPLETE BOTH OF THESE CHARTS EACH MORNING**

Date	Mon Jun 26	Tue Jun 27	Wed Jun 28	Thu Jun 29	Fri Jun 30	Sat Jul 01	Sun Jul 02
Reliever taken at night?							
Cough during the night							
Wheeze during the night							
Cough upon waking							
Wheeze upon waking							
Did you feel cold during the night?							
Were you off school yesterday because of your asthma?							
Did you see a doctor/nurse yesterday because of your asthma?							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long **beep**, please circle these.

Date	Mon Jun 26	Tue Jun 27	Wed Jun 28	Thu Jun 29	Fri Jun 30	Sat Jul 01	Sun Jul 02
FIRST READING	PEF						
	FEV						
SECOND READING	PEF						
	FEV						
THIRD READING	PEF						
	FEV						
FOURTH READING	PEF						
	FEV						
FIFTH READING	PEF						
	FEV						

COMMENTS:

WEEK FIVE:

JUNE 26th - JULY 2nd

SYMPTOM KEY:



• **COMPLETE BOTH THESE CHARTS EACH EVENING**

Date	Mon Jun 26	Tue Jun 27	Wed Jun 28	Thu Jun 29	Fri Jun 30	Sat Jul 01	Sun Jul 02
Number of preventer puffs taken today							
Number of reliever puffs taken today							
Cough during the day							
Wheeze during the day							
Runny nose or sneezing							
Blocked or stuffy nose							
Sore throat or hoarse voice							
Headaches or face-aches							
Aches or pains elsewhere							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long beep, please circle these.

Date	Mon Jun 26	Tue Jun 27	Wed Jun 28	Thu Jun 29	Fri Jun 30	Sat Jul 01	Sun Jul 02
FIRST READING	PEF						
	FEV						
SECOND READING	PEF						
	FEV						
THIRD READING	PEF						
	FEV						
FOURTH READING	PEF						
	FEV						
FIFTH READING	PEF						
	FEV						

COMMENTS:

WEEK SIX:

JULY 3rd - JULY 9th

SYMPTOM KEY:



• **COMPLETE BOTH OF THESE CHARTS EACH MORNING**

Date	Mon Jul 03	Tue Jul 04	Wed Jul 05	Thu Jul 06	Fri Jul 07	Sat Jul 08	Sun Jul 09
Reliever taken at night?							
Cough during the night							
Wheeze during the night							
Cough upon waking							
Wheeze upon waking							
Did you feel cold during the night?							
Were you off school yesterday because of your asthma?							
Did you see a doctor/nurse yesterday because of your asthma?							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long beep, please circle these.

Date	Mon Jul 03	Tue Jul 04	Wed Jul 05	Thu Jul 06	Fri Jul 07	Sat Jul 08	Sun Jul 09
FIRST READING	PEF						
	FEV						
SECOND READING	PEF						
	FEV						
THIRD READING	PEF						
	FEV						
FOURTH READING	PEF						
	FEV						
FIFTH READING	PEF						
	FEV						

COMMENTS:

WEEK SIX:

JULY 3rd - JULY 9th

SYMPTOM KEY:



• **COMPLETE BOTH THESE CHARTS EACH EVENING**

Date	Mon Jul 03	Tue Jul 04	Wed Jul 05	Thu Jul 06	Fri Jul 07	Sat Jul 08	Sun Jul 09
Number of preventer puffs taken today							
Number of reliever puffs taken today							
Cough during the day							
Wheeze during the day							
Runny nose or sneezing							
Blocked or stuffy nose							
Sore throat or hoarse voice							
Headaches or face-aches							
Aches or pains elsewhere							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long **beep**, please circle these.

Date	Mon Jul 03	Tue Jul 04	Wed Jul 05	Thu Jul 06	Fri Jul 07	Sat Jul 08	Sun Jul 09
FIRST READING	PEF						
	FEV						
SECOND READING	PEF						
	FEV						
THIRD READING	PEF						
	FEV						
FOURTH READING	PEF						
	FEV						
FIFTH READING	PEF						
	FEV						

COMMENTS:

WEEK SEVEN:

JULY 10th - JULY 16th

SYMPTOM KEY:



• COMPLETE BOTH OF THESE CHARTS EACH MORNING

Date	Mon Jul 10	Tue Jul 11	Wed Jul 12	Thu Jul 13	Fri Jul 14	Sat Jul 15	Sun Jul 16
Reliever taken at night?							
Cough during the night							
Wheeze during the night							
Cough upon waking							
Wheeze upon waking							
Did you feel cold during the night?							
Were you off school yesterday because of your asthma?							
Did you see a doctor/nurse yesterday because of your asthma?							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long beep, please circle these.

Date	Mon Jul 10	Tue Jul 11	Wed Jul 12	Thu Jul 13	Fri Jul 14	Sat Jul 15	Sun Jul 16
FIRST READING	PEF						
	FEV						
SECOND READING	PEF						
	FEV						
THIRD READING	PEF						
	FEV						
FOURTH READING	PEF						
	FEV						
FIFTH READING	PEF						
	FEV						

COMMENTS:

WEEK SEVEN:

JULY 10th - JULY 16th

SYMPTOM KEY:



• **COMPLETE BOTH THESE CHARTS EACH EVENING**

Date	Mon Jul 10	Tue Jul 11	Wed Jul 12	Thu Jul 13	Fri Jul 14	Sat Jul 15	Sun Jul 16
Number of preventer puffs taken today							
Number of reliever puffs taken today							
Cough during the day							
Wheeze during the day							
Runny nose or sneezing							
Blocked or stuffy nose							
Sore throat or hoarse voice							
Headaches or face-aches							
Aches or pains elsewhere							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long **beep**, please circle these.

Date	Mon Jul 10	Tue Jul 11	Wed Jul 12	Thu Jul 13	Fri Jul 14	Sat Jul 15	Sun Jul 16
FIRST READING	PEF						
	FEV						
SECOND READING	PEF						
	FEV						
THIRD READING	PEF						
	FEV						
FOURTH READING	PEF						
	FEV						
FIFTH READING	PEF						
	FEV						

COMMENTS:

WEEK EIGHT:

JULY 17th - JULY 23rd

SYMPTOM KEY:



• COMPLETE BOTH OF THESE CHARTS EACH MORNING

Date	Mon Jul 17	Tue Jul 18	Wed Jul 19	Thu Jul 20	Fri Jul 21	Sat Jul 22	Sun Jul 23
Reliever taken at night?							
Cough during the night							
Wheeze during the night							
Cough upon waking							
Wheeze upon waking							
Did you feel cold during the night?							
Were you off school yesterday because of your asthma?							
Did you see a doctor/nurse yesterday because of your asthma?							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long beep, please circle these.

Date	Mon Jul 17	Tue Jul 18	Wed Jul 19	Thu Jul 20	Fri Jul 21	Sat Jul 22	Sun Jul 23
FIRST PEF							
READING FEV							
SECOND PEF							
READING FEV							
THIRD PEF							
READING FEV							
FOURTH PEF							
READING FEV							
FIFTH PEF							
READING FEV							

COMMENTS:

WEEK EIGHT:

JULY 17th - JULY 23rd

SYMPTOM KEY:



• **COMPLETE BOTH THESE CHARTS EACH EVENING**

Date	Mon Jul 17	Tue Jul 18	Wed Jul 19	Thu Jul 20	Fri Jul 21	Sat Jul 22	Sun Jul 23
Number of preventer puffs taken today							
Number of reliever puffs taken today							
Cough during the day							
Wheeze during the day							
Runny nose or sneezing							
Blocked or stuffy nose							
Sore throat or hoarse voice							
Headaches or face-aches							
Aches or pains elsewhere							

Take PIKO meter readings until you have either:

(i) 5 five readings or (ii) 3 good readings.

Remember the PIKO marks bad readings with a ! and a long **beep**, please circle these.

Date	Mon Jul 17	Tue Jul 18	Wed Jul 19	Thu Jul 20	Fri Jul 21	Sat Jul 22	Sun Jul 23
FIRST READING	PEF						
	FEV						
SECOND READING	PEF						
	FEV						
THIRD READING	PEF						
	FEV						
FOURTH READING	PEF						
	FEV						
FIFTH READING	PEF						
	FEV						

COMMENTS:

