

CHRONIC COUGH DISCUSSION GUIDE

A cough lasting longer than 8 weeks could be considered chronic cough.

Many people are living with chronic cough and the disruptions and discomfort it may bring. By openly sharing your experiences with your health care provider, you could be taking an important first step in understanding your chronic cough.

PREPARING FOR YOUR APPOINTMENT

This discussion guide for adult patients who have been coughing longer than 8 weeks. Your responses to the discussion guide are intended to facilitate discussion with a healthcare provider, and not to provide any type of self-diagnosis.

It is important that your healthcare provider understands how your cough affects your daily life. Answer these questions and use them to help you and your healthcare provider discuss the way your cough may affect your life socially, physically, and emotionally.

If you have any health concerns, please consult your healthcare provider.

Answer Yes or No to each statement by marking your answer with an X

1. My cough affects my personal and social life. I have missed work, school, social events, or other activities due to my cough.

- Yes
- No

2. I tend not to go to social gatherings, movies, places of worship, or participate in other activities due to my cough.

- Yes
- No

3. My cough makes me feel embarrassed.

- Yes
- No

4. My family or friends complain about my cough.

- Yes
- No

5. My cough affects my lifestyle.

- Yes
- No

6. My cough makes it hard to sleep.

- Yes
- No

7. My voice is affected by my cough (for example, "I am hoarse").

- Yes
- No

8. I am concerned I might have a serious disease.

- Yes
- No

9. My cough makes me feel self-conscious.

- Yes
- No

10. I am upset that people may think something is wrong with me or that I am sick.

- Yes
- No

11. List possible triggers of your cough (what makes you start coughing or makes your cough worse).

- NONE

TALKING WITH YOUR HEALTH CARE PROVIDER

Bring this completed form to your next appointment to help your healthcare provider better understand how your cough may be impacting your daily life. Your responses to the discussion guide are intended to facilitate discussion with a healthcare provider, and not to provide any type of self-diagnosis.

For resources on chronic cough designed to facilitate discussion between patient and healthcare professional, visit www.msd-gesundheit.ch/en/chronic-cough or scan this QR code:

