

Asthma Action Plan

Patient details:

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Patients Asthma details:

Severity Of Asthma: ☐ Mild ☐ Moderate ☐ Severe
Year of Diagnosis:
No. of Status Asthmaticus:

Emergency contact:

Name: Phone: Relationship:

WHEN WELL

Asthma under control (almost no symptoms)

Always carry your reliever with you

Your preventer is (Name and Strength):

Take: puffs/tablets times every day

☐ Use a spacer with your inhaler

Peak flow* (if used) below:

Your reliever is (Name):

Take: puffs when you have symptoms like wheezing, coughing or shortness of breath

☐ Use a spacer with your inhaler

Other instructions: (e.g. other medicines, trigger avoidance, what to do before exercise)

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WHEN NOT WELL

Asthma is severe (needing reliever again within 3 hours, increasing difficulty in breathing, waking often at night with asthma symptoms)

Keep taking preventer (Name and Strength):

Take: puffs/tablets times every day

☐ Use a spacer with your inhaler

Peak flow* (if used) between and

Your reliever is (Name):

Take: puffs

☐ Use a spacer with your inhaler

Other instructions: (e.g. other medicines, when to stop taking extra medicines)

☐ Contact your doctor

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IF SYMPTOMS GET WORSE

Asthma emergency (severe breathing problems, symptoms get worse very quickly, reliever has little or no effect)

Keep taking preventer (Name and Strength):

Take: puffs/tablets times every day

☐ Use a spacer with your inhaler

Peak flow* (if used) between and

Your reliever is (Name):

Take: puffs

☐ Use a spacer with your inhaler

Other instructions: (e.g. other medicines, when to stop taking extra medicines)

☐ Contact your doctor

Prednisolone/prednisone:

Take: each morning for

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DANGER SIGNS

Asthma emergency (severe breathing problems, symptoms get worse very quickly, reliever has little or no effect)

Peak flow* (if used) below:

Call an ambulance immediately
Say that this is an **asthma emergency**
Keep taking reliever as often as needed

Dial 999 for ambulance

Asthma Action Plan

What to look out for

WHEN WELL

This means:

- You have no night-time wheezing, coughing or chest tightness.
- You only occasionally have wheezing, coughing or chest tightness during the day.
- You need reliever medication only occasionally or before exercise.
- You can do your usual activities without getting asthma symptoms.

WHEN NOT WELL

This means any one of these:

- You have night-time wheezing, coughing or chest tightness.
- You have morning asthma symptoms when you wake up.
- You need to take your reliever more than usual; e.g. more than 3 times per week.
- Your asthma is interfering with your usual activities.

IF SYMPTOMS GET WORSE

This means:

- You have increasing wheezing, cough, chest tightness or shortness of breath.
- You are waking often at night with asthma symptoms.
- You need to use your reliever again within 3 hours.

THIS IS AN ASTHMA ATTACK

DANGER SIGNS

This means:

- Your symptoms get worse very quickly.
- You have severe shortness of breath, can't speak comfortably or lips look blue.
- You get little or no relief from your reliever inhaler.

CALL AN AMBULANCE IMMEDIATELY – DIAL 999
SAY THIS IS AN ASTHMA EMERGENCY.

Asthma Medicines

PREVENTERS

Your preventer medicine reduces inflammation, swelling and mucus in the airways of your lungs. Preventers need to be taken every day, even when you are well. Some preventer inhalers contain 2 medicines to help control your asthma (combination inhalers).

RELIEVERS

Your reliever medicine works quickly to make breathing easier by making the airways wider.

Always carry your reliever with you – it is essential for first aid. Do not use your preventer inhaler for quick relief of asthma symptoms unless your doctor has told you to do this.