

Asthma Action Plan

Asthma Action Plan

This plan will be completed by you and the practice Nurse when you complete your asthma review on the telephone or in the surgery. It shows your medication and explains how to recognise when you are unwell and what to do when you are.

Asthma is mainly treated with inhalers. There are two main types of inhalers: a reliever which will relieve your symptoms when they occur

My reliever inhaler is

.....

The other inhaler type is the preventer which will prevent symptoms and attacks and should be used every day even when you feel well.

My preventer inhaler is

.....

Spacer

You may also have a spacer which helps your asthma medicines reach your lungs.

What are my triggers?

Your known asthma triggers are:

.....

.....

What are my medications?

Your medications are

Reliever inhaler:

.....

Preventer inhalers:

.....

.....

.....

Your asthma action plan is divided into four coloured zones to help direct you in relation to using your medication and to help guide you on when to seek medical or expert nursing advice

GREEN ZONE:

Your asthma is WELL CONTROLLED if:

- ◆ You have no wheezing, coughing, shortness of breath, chest tightness
- ◆ You can do normal activity without these symptoms
- ◆ You use reliever medication up to once a day or less
- ◆ Your peak flow reading is (100% of your personal best or higher).

Action: What should you do?

Continue taking your preventer medicine every day, even when you are feeling well, to keep your asthma symptoms 'away'.

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AMBER ZONE

When your asthma is **GETTING WORSE** you:

- ◆ Need to use your reliever inhaler more than once a day
- ◆ Wake from sleep due to coughing, wheezing, or chest tightness
- ◆ Your peak flow has fallen to(80% of your personal best)

Action: What should you do?

- Increase your preventer medicine:

Name:

Colour:

take..... (number of puffs/doses)

when:

- Stay on this dose until you have had no symptoms for:.....days/months then return to Zone 1. If you are unsure about reducing your preventer then contact the surgery for advice.
- Continue taking your reliever medicine:

Name:

Colour:

take:(number of puffs/doses)

Dosage:

when:

RED ZONE

Your asthma is much **more SEVERE** if you:

- Need to take your reliever inhaler every four hours or more
- Have symptoms all the time e.g. increasing wheezing, coughing, chest tightness, shortness of breath
- Have difficulty with normal activity
- Wake each night and most mornings with wheezing, coughing or chest tightness
- Feel that your asthma is out of control
- Your peak flow has fallen to.....(60% of your personal best)

Action: What should you do?

Take prompt action as follows:

Continue taking your preventer medicine as prescribed at the higher dose in the **AMBER Zone (Zone 2)**.

Continue to take your reliever medicine **when needed**

Contact the surgery for a consultation if your symptoms are at this level

SYMBICORT

This medication can be used as both a reliever and preventer.

As a preventer I should take puffs(no times a day)

As a reliever 1 puff as needed up to max. 6 puffs at a time; max. 8 puffs daily;