

Your asthma action plan

Name:

Date:

DOB:

Emergency contact:

- Keep this plan somewhere easy to find, perhaps the fridge door or bedside table
- Keep a photo of this plan on your mobile phone or tablet
- Check on this plan regularly to ensure you are confident with following it
- Bring it along to every asthma appointment and A&E admission

WHEN I FEEL WELL

My reliever inhaler

I take puffs of this inhaler up to 4 times a day only if I am:

- Wheezing
- Have a tight chest
- Coughing
- Struggling to breathe or talk

My other asthma medications (if applicable):

My preventer inhaler

I take puffs of this inhaler in the morning and puffs in the evening rinsing my mouth after each use.

I need to remember to use this inhaler every day to stop me from feeling unwell.

Things that make my asthma worse e.g. cold, smoking, dust, exercise etc

WHEN I FEEL UNWELL

Signs of worsening asthma control:

- I am using my reliever inhaler >3 times/week
- I still have symptoms of a cough, wheeze, chest tightness or breathlessness
- First sign of cold or exposure to known trigger
- My asthma is waking me up at night
- I am struggling with my usual daily routine

What I can do:

- Use my reliever inhaler up to 2 puffs every 4 hours as needed
- Start using my preventer inhaler long-term if have not been using it
- Call my GP surgery for advice on 01902 847313 or 111 if the surgery is closed

IF SYMPTOMS DO NOT IMPROVE WITHIN 24 HOURS, MAKE AN APPOINTMENT TO SEE MY GP OR ASTHMA NURSE

SEEK EMERGENCY MEDICAL ATTENTION 999 IF SIGNS OF ASTHMA ATTACK (AS BELOW)

WHEN I AM HAVING AN ASTHMA ATTACK

Signs of asthma attack:

- I am using my reliever inhaler more than every 4 hours and am unsure if it is helping
- I am struggling to breathe, walk or talk
- My chest is very tight
- I am very wheezy and cannot stop coughing
- Something does not feel right

THIS IS AN EMERGENCY. DO NOT IGNORE YOUR SYMPTOMS. ASK FOR HELP AND FOLLOW THE FLOWCHART.

IF ON MAST: SEEK ADVICE FROM GP ON WHAT TO DO DURING AN ASTHMA ATTACK BEFOREHAND

Step 1: Sit upright and keep calm

Step 2: Take 1 puff of my reliever inhaler every 30 to 60 seconds up to a maximum of 10 puffs (use a spacer if you have one)

A: If I feel worse or do not feel better after 10 puffs then call 999

B: If I feel better make a same-day GP appointment or call 111

Repeat step 2 every 15 minutes while waiting for help

MY NEXT ASTHMA REVIEW DATE: _____

Please bring your action plan and inhalers along to your next appointment as well as any other questions you have.

AFTER HAVING AN ASTHMA ATTACK:

- If dealt with at home then seek same-day advice from GP
- If treated in hospital then see your GP within 48 hours of discharge from hospital
- Finish any courses of prescribed medications