**ASTHMA ACTION PLAN**

**Name**

**Hospital Number**

**ALL children with asthma MUST live in a smoke free environment**

---

**REGULAR TREATMENTS**

**My PREVENTER inhaler is called:**

………………………………………………

It is the colour: ………………………

I should take …… separate puffs in the morning and ……. puffs at night.

I should take this every day even if I feel well. My asthma team may change the dose when I am seen in the clinic.

I should ALWAYS brush my teeth after taking this inhaler.

My other regular medications are:

1.

2.

I should take these everyday as well.

---

**ONLY WHEN NEEDED**

**My RELIEVER inhaler is called:**

………………………………………………

It is the colour: ………………………

Usually I take …. puffs at first

I take my RELIEVER inhaler only when I wheeze, cough, I am finding it hard to breathe or my chest hurts.

Start …………..at the beginning of a new cold if these make you wheezy.

Also start …………………at this time.

Take …… puffs before exercise if exercise usually makes you wheeze or it becomes hard to breathe.

---

When using a PUMP style inhaler – ALWAYS use a spacer

---

**Triggers**

These things usually make my asthma worse.

If I cannot avoid the trigger I should make sure I have my reliever treatment ready

---

**WHAT DO I DO IF MY ASTHMA GETS BAD?**

Turn over the page and follow the plan.

---

**Completed by……………………………………**

**Date ………………………………………**

**Date of next appointment …………………**

Make a note so you don’t miss it.

---

**GET CONTROL OF YOUR ASThma**

**ALWAYS bring this form and inhalers / spacers to appointments and emergency attendances**

Contact Us: Secretary 0208 725 2102 or Paediatricasthma@stgeorges.nhs.uk
ACUTE ASTHMA PLAN

Keep a copy of this plan with you at all times. You can photocopy it.

I am having an Asthma Attack if:

I am wheezing and coughing
I am having to breathe fast
I cannot walk or talk easily

When this happens:
Take ..... puffs of your BLUE inhaler.

Add an extra 2 puffs every 2 minutes, up to a maximum of
10 puffs if needed. Always use a spacer.

I am feeling better:

You may still need more puffs of
BLUE inhaler later in the day.

If you required more than 4-6 puffs of your BLUE inhaler you
are very likely to need other
doses later.

If the symptoms return quickly
or are getting worse you should
arrange to be seen by your
Doctor / Nurse that day.

If the Asthma Attack settled
quickly, keep a note of the event
and discuss with your Doctor /
Nurse at your next appointment.

If you are getting more frequent,
even minor attacks, you should
arrange to bring your next
appointment forward.

I still don’t feel better and have already taken 10 puffs

I need to call 999
or
Attend the nearest Emergency
Department / GP Surgery
immediately.
You are likely to need extra
treatments.

You can take an additional 10 puffs
of the BLUE inhaler while arranging
to be seen.

Remember ALWAYS
use the SPACER with
your inhaler.

SEVERE SIGNS
Too breathless to Talk, Eat or
Drink
Lips are Blue
Very distressed or confused.
Inhaler lasts less than 3 hrs.

Dial 999 straight away