

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:

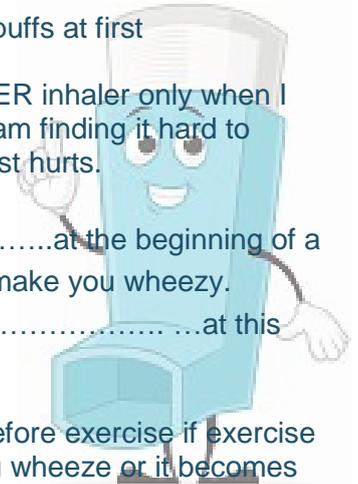
Usually I take puffs at first

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

Startat the beginning of a new cold if these make you wheezy.

Also startat 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.

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

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.

