

## ! MY ASTHMA TRIGGERS

Taking my asthma medicine each day will help reduce my reaction to these triggers. Avoiding them where possible will also help.

## ! MY ASTHMA REVIEW

I should have at least one routine asthma review every year.

### I will bring:

- My action plan to see if it needs updating
- My inhaler and spacer to check I'm using them in the best way
- Any questions about my asthma and how to cope with it.

### Next asthma review date:

\_\_\_ / \_\_\_ / \_\_\_

### GP/asthma nurse contact

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

### Out-of-hours contact number

(ask your GP surgery who to call when they are closed)

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

## Get more advice & support from Asthma UK:

 Speak to a specialist asthma nurse about managing your asthma on: **0300 222 5800**

 Get news, advice and download information packs at: **www.asthma.org.uk**



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Last reviewed and updated 2016; next review 2019.

\*Adams et al; Factors associated with hospital admissions and repeat emergency department visits for adults with asthma; Thorax 2000;55:566-573

# Use it, don't lose it!

Your action plan is a personal guide to help you stay on top of your asthma. Once you have created one with your GP or asthma nurse, it can help you stay as well as possible.

**People who use their action plans are four times less likely to end up in hospital because of their asthma.**

Your action plan will only work at its best to help keep you healthy if you:

- 1 Put it somewhere easy for you and your family to find** – you could try your fridge door, the back of your front door, or your bedside table. Try taking a photo and keeping it on your mobile phone or tablet.
- 2 Check in with it regularly** – put a note on your calendar, or a reminder on your mobile to read it through once a month. How are you getting along with your day-to-day asthma medicines? Are you having any asthma symptoms? Are you clear about what to do?
- 3 Keep a copy near you** – save a photo on your phone or as your screensaver. Or keep a leaflet in your bag, desk or car glove box.
- 4 Give a copy of your action plan or share a photo of it with a key family member or friend** – ask them to read it. Talk to them about your usual asthma symptoms so they can help you notice if they start. Help them know what to do in an emergency.
- 5 Take it to every healthcare appointment – including A&E/consultant.** Ask your GP or asthma nurse to update it if any of their advice for you changes. Ask them for tips if you're finding it hard to take your medicines as prescribed.

THE STEP-BY-STEP GUIDE THAT HELPS YOU STAY ON TOP OF YOUR ASTHMA

# Your asthma action plan

FILL THIS IN WITH YOUR GP OR ASTHMA NURSE



If you use a written asthma action plan you are **four times less likely** to be admitted to hospital for your asthma.\*

Name and date:



Any asthma questions?  
Call our friendly helpline nurses  
**0300 222 5800**  
(9am – 5pm; Mon – Fri)

[www.asthma.org.uk](http://www.asthma.org.uk)



## Every day asthma care:

My personal best peak flow is:

My preventer inhaler

(insert name/colour):

I need to take my preventer inhaler every day even when I feel well

I take  puff(s) in the morning and  puff(s) at night.

My reliever inhaler

(insert name/colour):

I take my reliever inhaler only if I need to

I take  puff(s) of my reliever inhaler if any of these things happen:

- I'm wheezing
- My chest feels tight
- I'm finding it hard to breathe
- I'm coughing.

Other medicines I take for my asthma every day:

With this daily routine I should expect/aim to have **no symptoms**. If I haven't had any symptoms or needed my reliever inhaler for at least 12 weeks, ask my GP or asthma nurse to review my medicines in case they can reduce the dose.



People with allergies need to be extra careful as attacks can be more severe.



## When I feel worse:

- My symptoms are coming back (wheeze, tightness in my chest, feeling breathless, cough)
- I am waking up at night
- My symptoms are interfering with my usual day-to-day activities (eg at work, exercising)
- I am using my reliever inhaler  times a week or more
- My peak flow drops to below

## This is what I can do straight away to get on top of my asthma:

**1** If I haven't been using my preventer inhaler, start using it regularly again or:

Increase my preventer inhaler dose to  puffs  times a day until my symptoms have gone and my peak flow is back to normal

Take my reliever inhaler as needed (up to  puffs every four hours)

**URGENT!** If I don't improve within 24 hours make an emergency appointment to see my GP or asthma nurse.

**2** If I have been given prednisolone tablets (steroid tablets) to keep at home:

Take  mg of prednisolone tablets (which is  x 5mg) **immediately** and again every morning for  days or until I am fully better.

**URGENT!** Contact my GP or asthma nurse today and let them know I have started taking steroids and make an appointment to be seen within 24 hours.



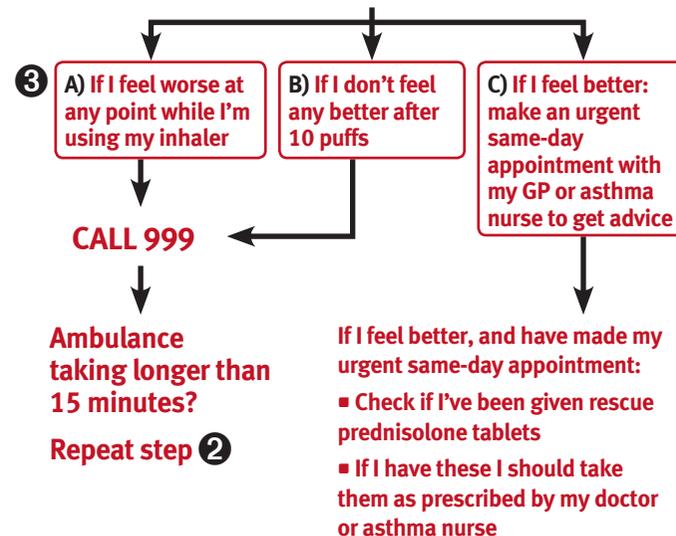
## In an asthma attack:

- My reliever inhaler is not helping or I need it more than every  hours
- I find it difficult to walk or talk
- I find it difficult to breathe
- I'm wheezing a lot or I have a very tight chest or I'm coughing a lot
- My peak flow is below



## THIS IS AN EMERGENCY TAKE ACTION NOW

- 1 Sit up straight – don't lie down. Try to keep calm
- 2 Take one puff of my reliever inhaler every 30 to 60 seconds up to a maximum of 10 puffs



**IMPORTANT!** This asthma attack information is not designed for people on a SMART or MART medicine plan. If you're on a SMART or MART medicine plan, please speak to your GP or asthma nurse to get the correct asthma attack information.