

ASTHMA SELF MANAGEMENT PLAN

Patient Name:

Patients DOB:

Asthma is controllable.

Please keep a copy of this care plan to help you to manage your asthma. Your doctor or nurse will fill it in with you and explain the different medicines that you should take to control your asthma. It shows you how to recognise when your asthma is getting worse and what you should do about it.

ALWAYS bring your asthma medicines (and spacer device if you have one) to your asthma or medication review.

ZONE 1

Your asthma is well controlled if:

- You have no or minimal symptoms during the day or night.
- You can do all of your normal activities without asthma symptoms.
- Your peak flow reading is above (85% of your best).

ACTION PLAN

Continue to take your usual asthma medicines.

Preventer medicine should be used everyday, even when you are feeling well. Your preventer medicine is:

Name/dose:	Colour:	
TAKE:	Puff(s)	Times a day

Reliever medicine should be used if you have symptoms. Your reliever medicine is:

Name/dose:	Colour:	
TAKE:	Puff(s)	Times a day

If you are always in zone 1 when your asthma is reviewed, your doctor or nurse may want to reduce your regular medicines.

For more information about your asthma talk to your doctor or nurse or go to: <http://www.asthma.org.uk/>

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ZONE 2

Your asthma is worse if:

- You need to use your reliever inhaler more than once a day.
- You have difficulty sleeping because of your asthma
- Your peak flow reading is between and
(between 70% and 85% of your best).

ACTION PLAN

Increase your preventer inhaler

Name/dose:	Colour:	
TAKE:	Puff(s)	Times a day

Stay on this dose until you have had no symptoms for days/weeks, then return to your dose in zone 1.

Continue to take your reliever medicine

Name/dose:	Colour:	
TAKE:	Puff(s)	Times a day

If your symptoms do not improve in days, contact your doctor or nurse for advice.

If you are often in zone 2, let your doctor or nurse know as your usual medicines may need to be increased or changed.

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Zone 3 – WHAT TO DO DURING AN ASTHMA ATTACK

It is an asthma emergency if any of the following happen:

- Your reliever inhaler (usually blue) does not help.
- Your symptoms get worse (wheezing, coughing, shortness of breath, tightness in the chest).
- You are too breathless to speak
- Your peak flow reading is below

ACTION PLAN

- 1) Take your reliever inhaler. If you normally use a spacer, make sure that you use it.
- 2) Sit up and loosen tight clothing.
- 3) If no immediate improvement during an attack, continue to take one puff/dose of reliever inhaler every minute for five minutes or until symptoms improve.
- 4) If your symptoms do not improve in five minutes or if you are in doubt call 999 or a doctor urgently.

USEFUL CONTACTS

Emergency Services Tel: 999

E12 Health Tel: 020 8553 7440

Asthma UK Tel: 0800 121 62 44, Monday-Friday 9am-5pm to speak to an Asthma Specialist Nurse

Asthma UK website:

<http://www.asthma.org.uk/index.html>

For more information about your asthma talk to your doctor or nurse or go to: <http://www.asthma.org.uk/>