

MY ASTHMA *action plan*

Name: _____

Date created: ____/____/____

I need to make sure this action plan is reviewed with my healthcare team each year to make sure it's still offering me the best possible control. For each review, I should remember to bring:

My action plan – to see if any updates are needed

My inhaler and spacer – to check my technique

Any questions I have about my asthma

— Yes / NO —

My next plan review date: ____/____/____
____/____/____
____/____/____

Changes needed? Y / N
Y / N
Y / N

My personalised asthma action plan can help me to stay in control of my asthma, recognise when my symptoms are getting worse and know exactly what to do if this happens.

Using my asthma action plan means I may be four times less likely to be admitted to hospital for my asthma.¹

The triggers I should avoid:

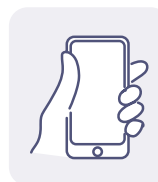
My healthcare team's contact details:

My emergency (out-of-hours) healthcare team's contact details:

To get the most out of my plan I need to:



Put it somewhere easy to find – such as on my fridge door or bedside table.



Take a photo of my plan – so I can check it wherever I am, or share it with a family member or friend.



Read through it monthly so I'm familiar with my plan – putting a reminder in my calendar or phone can help me remember.



Take my plan with me every time I see a healthcare professional – this includes my reviews and any other medical visits, such as a trip to A&E.

Reporting of side effects: If you get any side effects, talk to your doctor, nurse, or pharmacist. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of medicines.



MY ASTHMA IS UNDER CONTROL

My current situation:

- I am not experiencing any asthma symptoms currently
- My personal best peak flow is _____

What I need to do:

- Take _____ puffs of my preventer inhaler _____ times every day, even when my breathing feels controlled
- Take _____ puffs of my reliever inhaler only if:
 - I'm wheezing or coughing
 - My chest feels tight
 - I'm finding it hard to breathe

Other medications I take for my asthma every day:

If I haven't had any symptoms or used my reliever inhaler for 12+ weeks, I should speak to my healthcare team as they may be able to reduce my medication.



MY ASTHMA IS GETTING WORSE

My current situation:

- Wheezing, chest tightness, feeling breathless or coughing – my symptoms are coming back more than usual
- Symptoms interfere with my usual activities (e.g. when working or exercising) or wake me up at night
- My reliever inhaler is not helping, or I need it three times a week or more
- My peak flow drops below _____

What I need to do:

- If I haven't been using my preventer inhaler, start using it regularly 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)
 - My healthcare team can add anything else here that I should do:
- _____

I must see a healthcare professional within 24 hours if my symptoms get worse or haven't improved after 7 days. If I need my reliever inhaler more than every 4 hours, I must take emergency action immediately.



I'M HAVING AN ASTHMA ATTACK

This asthma attack information is not for people who use a MART regime. If you use one of these speak to your healthcare team to get the correct information.

My current situation:

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

What I need to do:

1. Firstly, I should try to stay calm and sit up straight
2. Take 1 puff of my reliever inhaler every 30 to 60 seconds up to 10 times
3. If I don't feel better after 10 puffs, I need to **call 999 and ask for an ambulance**
4. If the ambulance hasn't arrived after 10 minutes, repeat step 2
5. If my symptoms do not improve and the ambulance still hasn't arrived, I will **call 999 again immediately**

If you do not have your reliever inhaler, and you're struggling to breathe, call 999 straight away.

After an asthma attack I must follow this guidance:

- If I dealt with my asthma attack at home, I must see my doctor on the same day
- If I was treated in hospital, I must see my doctor within 48 hours of being discharged
- I must finish all medicines prescribed following the attack, even if I start feeling better
- If I don't improve after treatment, I must see my doctor again urgently