

My Asthma

When my asthma is WELL CONTROLLED

- No regular wheeze, or cough or chest tightness at night time, on waking or during the day
- Able to take part in normal physical activity without wheeze, cough or chest tightness
- Need reliever medication less than three times a week (except if it is used before exercise)

Peak Flow* above 320 80% of best

What should I do?

Continue my usual treatment as follows:

Preventer

eg Singulair 1 tablet every day (even when well)

Reliever

eg Ventolin 1-2 puffs if needed
Use a spacer.

Combination Medication

eg Seretide 1 puff every morning & every night even when well.
* Always carry my reliever puffer (rinset Spit)

Name: Patient Name

Plan

When my asthma is GETTING WORSE

- At the first sign of worsening asthma symptoms associated with a cold
- Waking from sleep due to coughing, wheezing or chest tightness
- Using reliever puffer more than 3 times a week (not including before exercise)
- Peak Flow* between

240 and 320 60-80%

What should I do?

Increase my treatment as follows:

Continue Singulair (or Seretide)

Increase Ventolin to 2-4 puffs every 4 hours if needed

* See my doctor to talk about my asthma getting worse if no improvement

Dr name: Your name

Ph: phone

Parent/Carer

Signature

Date: today's date

Best Peak Flow*: 400

Next Doctor's Appointment: over a mth

When my asthma is SEVERE

- Need reliever puffer every 3 hours or more often
- Increasing wheezing, coughing, chest tightness
- Difficulty with normal activity
- Waking each night and most mornings with wheezing, coughing or chest tightness
- Feel that asthma is out of control
- Peak Flow* between

160 and 240 40-60%

What should I do?

Start oral prednisolone (or other steroid) and increase my treatment as follows:

Continue Seretide

Increase Ventolin to 4-8 puffs 3 hourly if needed

* See my doctor for advice today

Dr name: Your name

Signature

Ph

How to recognise LIFE-THREATENING ASTHMA

Dial 000 for an ambulance and/or 112 from a mobile phone if you have any of the following danger signs:

- extreme difficulty breathing
 - little or no improvement from reliever puffer
 - lips turn blue
- and follow the Asthma First Aid Plan below while waiting for ambulance to arrive.

A serious asthma attack is also indicated by:

- symptoms getting worse quickly
- severe shortness of breath or difficulty in speaking
- you are feeling frightened or panicked
- Peak Flow* below 160 <40%

Should any of these occur, follow the Asthma First Aid Plan below.

Asthma First Aid Plan

- Sit upright and stay calm.
- Take 4 separate puffs of a reliever puffer (one puff at a time) via a spacer device. Just use the puffer on its own if you don't have a spacer. Take 4 breaths from the spacer after each puff.
- Wait 4 minutes. If there is no improvement, take another 4 puffs.

4 If little or no improvement CALL AN AMBULANCE IMMEDIATELY (DIAL 000 and/or 112 from mobile phone) and state that you are having an asthma attack. Keep taking 4 puffs every 4 minutes until the ambulance arrives.

See your doctor immediately after a serious asthma attack.