

# Asthma

## Personalised Asthma Action Plan

(Aged 16 and over)

Use this action plan to help you to feel in control of your asthma.

Name:

GP:

Practice nurse:

Hospital consultant:

Hospital specialist  
nurse:

Asthma is a condition that affects the airways - the tubes that carry air in and out of the lungs. When a person with asthma comes into contact with

something that irritates their airways (an asthma trigger), the muscles around the walls of the airways tighten so that the airways become narrower and the lining of the airways become inflamed and starts to swell. This can lead to symptoms such as wheeze, coughing and breathlessness.

**When you have good control over your asthma you should have no symptoms and be able to do your usual activities.**

**My best peak flow is:**



**Doing well: My asthma is well controlled**

I can (describe your goals):

\_\_\_\_\_

\_\_\_\_\_

**MY ASTHMA TREATMENT**

**My preventer inhaler is:** \_\_\_\_\_

This helps to reduce inflammation, swelling and mucus in the airways of my lungs and needs to be taken every day even when I am well.

**My reliever inhaler is:** \_\_\_\_\_

This medication works quickly to make breathing easier by making my airways wider. I should always carry a reliever with me.

**Other medications I take for my asthma include:**

\_\_\_\_\_ Dose \_\_\_\_\_ Times per day \_\_\_\_\_

\_\_\_\_\_ Dose \_\_\_\_\_ Times per day \_\_\_\_\_

\_\_\_\_\_ Dose \_\_\_\_\_ Times per day \_\_\_\_\_

**ACTION: Continue with my usual medication**

My peak flow is more than \_\_\_\_\_ (80 % of best)



### **My asthma is getting worse**

My symptoms (*wheeze, chest tightness, breathless, cough and/or waking at night*) are getting in the way of my usual activities.

I need to use my reliever inhaler more than \_\_\_\_\_ times per day/week and my peak flow drops below \_\_\_\_\_ (70% or less of best).

#### **ACTION:**

I should start my prednisolone tablets. Take 40mg (8 x 5mg tablets) immediately and again each morning for at least 5 days or until I am fully better.

**I should make an urgent appointment to see my GP or asthma nurse.**

### **My asthma is much worse:**

#### **I AM HAVING AN ASTHMA ATTACK**



I have severe shortness of breath, I cannot speak comfortably or my lips look blue.

I get little or no relief from my reliever inhaler

My peak flow is below \_\_\_\_\_ (50% of best)

#### **THIS IS AN EMERGENCY TAKE ACTION NOW!**

- Keep calm, sit up straight. Don't lie down.
- Take 4 individual puffs of my reliever inhaler in a spacer device. Take slow steady breaths.
- If I don't feel better take 2 individual puffs of my reliever inhaler every 2 minutes. I can take up to 10 puffs in my spacer, repeat after 10 minutes if no better.

Even if I feel better after this I should see my GP or asthma nurse for advice the same day. Start a course of rescue prednisolone (40mg as in amber section).

**If I don't feel better call 999 straight away.**

## **Additional Information**

### **What sets off my asthma?**

A trigger is anything which can make your asthma worse by irritating the airways. If you know what your triggers are you can try to avoid them. Some triggers can't be avoided, but there are things you can do to reduce the effect they have on your asthma symptoms. This will lessen your risk of asthma attacks, and you may need less medicine over time.

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

**To cope with your triggers it's important that you take your preventer inhaler every day as prescribed.**

Common triggers are: Animal dander, dust mites, pollen and mould, tobacco smoke, air pollutants and perfumes, exercise and colds and viruses. You can find out more about triggers and trigger avoidance at [www.asthma.org.uk](http://www.asthma.org.uk) or ask your GP, Practice Nurse or Specialist Nurse.

My triggers include: \_\_\_\_\_

**See your GP or practice nurse annually to review your action plan, symptoms and inhaler technique, or more often if your symptoms are hard to control.**

### **Useful Information:**

Asthma + Lung UK [www.asthma.org.uk/](http://www.asthma.org.uk/) [www.blf.org.uk](http://www.blf.org.uk) T: 0300 222 5800  
Allergy UK [www.allergyuk.org](http://www.allergyuk.org) T: 01322 619 898