

ASTHMA ACTION PLAN

Take me when you visit your doctor



PATIENT NAME

PLAN DATE REVIEW DATE

DOCTOR DETAILS

EMERGENCY CONTACT

NAME PHONE

RELATIONSHIP

WELL CONTROLLED is all of these...

- needing reliever medication no more than 2 days/week
- no asthma at night
- no asthma when I wake up
- can do all my activities

Peak Flow reading (if used) above

I NEED TO...

TAKE preventer day night

name puffs/inhalations puffs/inhalations

- Use my preventer, even when well controlled
- Use my spacer with my puffer

TAKE reliever

name puffs/inhalations as needed

puffs/inhalations 15 minutes before exercise

- Always carry my reliever medication

FLARE-UP is any of these...

needing reliever medication more than usual OR days/week

woke up overnight with asthma

had asthma when I woke up

can't do all my activities

Peak Flow reading (if used) between and

my triggers and symptoms

I NEED TO...

TAKE preventer day night

name puffs/inhalations puffs/inhalations

for days then back to Well Controlled dose

TAKE reliever

name puffs/inhalations as needed

START other medication

name dose for days

MAKE an appointment to see my doctor **this week**

SEVERE is any of these...

reliever medication not lasting 3 hours

woke up frequently overnight with asthma

had asthma when I woke up

difficulty breathing

Peak Flow reading (if used) between and

my triggers and symptoms

I NEED TO...

TAKE preventer day night

name puffs/inhalations puffs/inhalations

for days then back to Well Controlled dose

TAKE reliever

name puffs/inhalations as needed

START other medication

name dose for days

MAKE an appointment to see my doctor **TODAY**

- If unable to see my doctor, visit a hospital

If unable to see my doctor/hospital:

START other medication

name dose for days

EMERGENCY is any of these...

reliever medication not working

can't speak a full sentence

extreme difficulty breathing

feel asthma is out of control

lips turning blue

Peak Flow reading (if used) below

I NEED TO...

- CALL AMBULANCE NOW**
Dial Triple Zero (000)
- START ASTHMA FIRST AID**
Turn page for Asthma First Aid

ASTHMA FIRST AID

Blue/Grey Reliever

Airomir, Asmol, Ventolin or Zempreon and Bricanyl

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma



DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY IF THE PERSON:

- is not breathing
- suddenly becomes worse or is not improving
- is having an asthma attack and a reliever is not available
- is unsure if it is asthma
- **has a known allergy to food, insects or medication and has SUDDEN BREATHING DIFFICULTY, GIVE ADRENALINE AUTOINJECTOR FIRST (if available), even if there are no skin changes, then use a reliever**

1



SIT THE PERSON UPRIGHT

- Be **calm** and reassuring
- **Do not leave** them alone

2



GIVE 4 SEPARATE PUFFS OF RELIEVER PUFFER

- **Shake** puffer
- Put **1 puff** into spacer
- Take **4 breaths** from spacer
 - Repeat until **4 puffs** have been taken



If using **Bricanyl**, give 2 separate inhalations (5 years or older)

If you don't have a spacer handy in an emergency, take **1 puff** as you take **1 slow, deep breath** and hold breath for as long as comfortable. **Repeat** until all puffs are given

3



WAIT 4 MINUTES

- If breathing does not return to normal, give **4 more separate puffs** of reliever as above



Bricanyl: Give 1 more inhalation

IF BREATHING DOES NOT RETURN TO NORMAL

4



DIAL TRIPLE ZERO (000)

- Say **'ambulance'** and that someone is having an asthma attack
- Keep giving **4 separate puffs every 4 minutes** until emergency assistance arrives



Bricanyl: Give 1 more inhalation **every 4 minutes** until emergency assistance arrives