



**ASTHMA
AUSTRALIA**

YOUR AFTER HOSPITAL ASTHMA PACK

Getting your asthma back on track

Information and support:

1800 ASTHMA

(1800 278 462)

asthma.org.au

Name: _____

Hospital: _____

Date you were admitted to hospital: _____

Date you left the hospital: _____

THIS PACK IS THE FIRST STEP IN GETTING YOUR ASTHMA BACK ON TRACK.

Having an asthma attack and ending up in Emergency can be a scary and confronting experience.



How did my asthma get this bad?

How do I lower my risk of having another asthma attack?

How do I make sure I don't end up back in Emergency because of my asthma?

This After Hospital Asthma Pack will help answer these questions and more. It's been developed using the Australian Asthma Handbook¹ along with input from our very own Asthma Educators.

It's a sad fact that 62% of children and 40% of adults will re-present to an Emergency Department within one year of their initial presentation due to an asthma attack.² However, using the practical steps outlined in this Plan, you can reduce your risk.

¹ National Asthma Council 2019, Australian Asthma Handbook 2.0, NAC: Melbourne. ² Wakefield M, Campbell D, Staugas R, et al 1997. Risk factors for repeat attendance at hospital emergency departments among adults and children with asthma. Aust N Z J Med; 27: 277-284.

3 STEPS TO TAKE BEFORE YOU GO HOME

INTERIM ASTHMA ACTION PLAN

You have been to hospital due to experiencing an asthma attack. Follow this plan to help bring your asthma back under control. Make an appointment with your doctor within three (3) days of discharge and a second appointment within 2-4 weeks, for review and development of a new Asthma Action Plan.

Name: _____
 UR: _____
 DOB: _____
 Date Interim Action Plan prepared on: _____

BLUE / GREY RELIEVER

Take _____ puffs/inhalations of **Ventolin/Bricanyl** when symptoms arise

If your symptoms return within 3 hours, seek urgent medical assistance.

PREVENTER

Take _____ puffs/inhalations of **Flixotide*** _____ mcg _____ times a day

Take _____ puffs/inhalations of **Serevent*** _____ mcg _____ times a day

Take _____ puffs/inhalations of **Symbicort*** _____ mcg _____ times a day

Take _____ inhalations of **Breo** _____ mcg _____ times a day

Take _____ inhalations of **Pulmicort** _____ mcg _____ times a day

Take _____ puffs of **Flutiform** _____ mcg _____ times a day

Take _____ tablets of **Montelukast*** _____ mcg _____ times a day

Take _____ puffs of _____ mcg _____ times a day

*Generic use available for these medications. Talk to your doctor or pharmacist for more information.

SYMBICORT SMART PROTOCOL. Please complete the below section if your patient is on the SMART protocol.

Take _____ inhalations of **Symbicort Turbuhaler*** _____ mcg _____ times a day

AND take 1 puff as your reliever when required. Do not use more than 6 inhalations on a single occasion or more than 12 inhalations in any day. If your symptoms continue to worsen over these days, please seek additional inhalations, tell your doctor.

Take _____ puffs of **Symbicort Respimat*** _____ mcg _____ times a day

AND take 2 puffs as your reliever when required. Do not use more than 12 puffs on a single occasion or more than 24 puffs in any day. If your symptoms continue to worsen over these days, please seek additional inhalations, tell your doctor.

PREDNISOLONE TABLETS

Take _____ mgp or _____ mg tablets once a day for _____ days

OTHER INSTRUCTIONS _____

ASTHMA AUSTRALIA

For asthma information and support or to speak with an Asthma Educator call 1800 ASTHMA (1800 278 462) or visit asthma.org.au

1

INTERIM ASTHMA ACTION PLAN

- Have you been given an Interim Asthma Action Plan?
- Has your doctor or nurse explained how to follow this plan?

You should be given an Interim Asthma Action Plan before you leave hospital. Follow this plan until you see your usual doctor (GP or Specialist) within 3 days and to have your ongoing Asthma Action Plan developed or reviewed.

An Asthma Action Plan is a written set of instructions explaining how to manage your asthma following an asthma attack and it should help bring your asthma under control by telling you:

- what medications you need to take and when
- what to do if your asthma symptoms worsen again

There is a blank Interim Asthma Action Plan at the back of this booklet, ask your Hospital Doctor to complete this before you leave hospital.

2

MEDICATIONS AND DEVICES

- Have you been given the medications prescribed on your Interim Asthma Action Plan (e.g. blue reliever and a preventer)? If not, have you been given a prescription and know where to get them from?
- Has someone at the hospital checked your inhaler technique? Poor technique can lead to poor asthma control. If your technique is correct, you will get the most out of your medications.
- If you use a puffer, do you have a spacer? If not, visit your local pharmacy and check your technique using a puffer and spacer.
- If you were prescribed any new medications in hospital, inform your regular doctor and ask for a repeat prescription if necessary.

The key way asthma is managed is with regular preventer medication. Ongoing use of your preventer medication every day as prescribed, is the best way to help prevent another asthma attack and manage your asthma symptoms. Blue/grey reliever medication provides quick relief of asthma symptoms.



3

SEE YOUR DOCTOR TO GET BACK ON TRACK!

- See your doctor within 3 days of being discharged from hospital. It is important to see your doctor after any asthma attack even if you do feel better.
- Make a second appointment for 2-4 weeks after discharge. It's important to monitor your asthma and make a plan for ongoing asthma management.

Asthma isn't something you have to deal with on your own. Your doctor, other health professionals and Asthma Australia can help you get good asthma control, so you can live a full and active life.

WHAT TO DO AFTER HOSPITAL

YOUR DOCTOR APPOINTMENT

During your doctor's appointment, make sure you discuss:

- Adjusting your reliever and preventer medication based on your level of asthma control
- How to take your medications correctly
- How to recognise when your asthma is getting worse
- How to identify what triggers your asthma and how to manage them
- When to seek medical help for your asthma
- Your up to date Asthma Action Plan for you to follow daily (this is to replace the Interim Asthma Action Plan you received in hospital)

Use this space to write any questions you want to ask or things you need to remember.



JOIN THE COACH PROGRAM®

If you'd like to learn how you can breathe better with asthma, call **1800 ASTHMA (1800 278 462)** and ask about **The COACH Program®** or ask your health care professional for a referral.

The COACH Program® is a confidential, free health coaching service delivered over the phone by Asthma Australia Coaches to help people with asthma, to learn about how to take better care of their overall health and wellbeing.



TAKE TIME TO RECOVER

It's important to take time to rest after an asthma attack. Reach out to your friends and family for help if you need and ask your doctor for a certificate to take sick leave from work if necessary.

CUT THE RISK





People often treat their asthma as a short-term condition that comes and goes when they have asthma symptoms. But, asthma is a chronic (long-term) condition that's always there, even when you don't have symptoms. Managing your asthma year round is important to maintaining good asthma control.

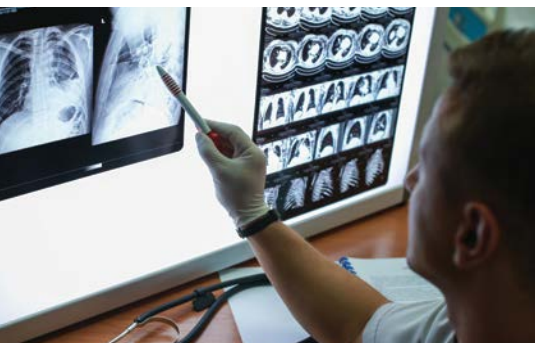


LEARN ASTHMA FIRST AID

Learn the four steps of asthma first aid to ensure you are prepared in an asthma emergency. Download the Asthma First Aid App from the iTunes store or Google Play.

To ensure you are always prepared, make sure to carry your blue reliever puffer with you at all times.

- 1  Sit person upright
- 2  Give reliever puffer
- 3  Wait 4 minutes
- 4  Dial 000 if required



CHECK IN WITH YOUR DOCTOR

See your doctor at least every 6 months to make sure your medications are working right for you, your device technique is correct and to update your Asthma Action Plan as needed.

PREVENTER - EVERY DAY EVEN WHEN WELL

Most adults with asthma should have preventer medication.

Daily use of a preventer as prescribed is key to keeping well. Regular use of your preventer makes the airways less sensitive and will reduce your symptoms.

WRITTEN ASTHMA ACTION PLAN

Follow a written Asthma Action Plan every day for:

- better controlled asthma
- fewer asthma flare-ups
- fewer days off work or school
- reduced reliever medication use
- fewer hospital visits



KNOW WHEN YOUR ASTHMA IS WORSENING

- Are your symptoms making you use your blue reliever puffer more than two days per week?
- Have you had difficulty sleeping because of your asthma symptoms (including cough)?

- Have you had your usual asthma symptoms during the day (cough, wheeze, chest tightness or breathlessness)?
- Has your asthma interfered with your usual activities (e.g. housework, work/school, etc.)?

Experiencing any one of these, is a sign that your asthma may not be under control. Make an appointment with your doctor as soon as possible.

WE ARE HERE TO HELP

Asthma isn't something you have to deal with on your own.

For asthma information and support or to speak with an Asthma Educator call 1800 ASTHMA (1800 278 462), visit asthma.org.au or email helpline@asthma.org.au

All Asthma Australia information is endorsed by our Professional Advisory Committee and is consistent with the Australian Asthma Handbook. Asthma Australia information does not replace professional medical advice. People should ask their doctor any questions about diagnosis and treatment.

This pack has been developed
by Asthma Australia for people
living with asthma.

It provides information on what to do after
being discharged from Hospital and/or
Emergency due to experiencing an asthma
attack. It includes:

- Steps to take before you go home
- What to do after hospital
- How you can cut the risk
- Who can help?

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