

INTERIM ASTHMA ACTION PLAN

You have been to hospital due to experiencing an asthma flare up or 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: _____

Follow up with hospital required

RELIEVER MEDICATION

Take puffs/inhalations of when symptoms arise

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

PREVENTER MEDICATION

Take puffs/inhalations of mcg times a day

*Generics are available for these medications. Talk to your doctor or pharmacist for more information.

MAINTENANCE AND RELIEVER THERAPY

Please complete the below section if your patient is on a maintenance and reliever therapy.

Take puffs/inhalations of mcg times a day

AND take puffs/inhalations of mcg as your reliever when required

Do not use more than inhalations on a single occasion or more than inhalations in any day.

If your symptoms continue to worsen over three (3) days, despite using additional inhalations, tell your doctor.

PREDNISOLONE TABLETS OR ORAL LIQUID

Take mgs OR mls once a day for days

OTHER ASTHMA MEDICATIONS (ADD ON THERAPIES)

Take

Take

Take

OTHER INSTRUCTIONS

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



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