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.

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 Flixtide* ___ mcg ___ times a day

☐ Take ___ puffs/inhalations of Seretide* ___ 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

*Generics are 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 three days, despite using additional inhalations, tell your doctor.

☐ Take ___ puffs of Symbicort Rapihaler* ___ 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 three days, despite using additional inhalations, tell your doctor.

PREDNISOLONE TABLETS

☐ Take ___ mgs or ___ x ___ mg tablets once a day for ___ days

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 Australia acknowledges the partnership of the Queensland Government on the prior Emergency Department Discharge Project.
ASTHMA FIRST AID

1. **SIT THE PERSON UPRIGHT**
   - Be calm and reassuring
   - Do not leave them alone

2. **GIVE 4 SEPARATE PUFFS OF BLUE/GREY RELIEVER PUFFER**
   - Shake puffer
   - Put 1 puff into spacer
   - Take 4 breaths from spacer
     - Repeat until 4 puffs have been taken
     - Remember: Shake, 1 puff, 4 breaths
   OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)

3. **WAIT 4 MINUTES**
   - If there is no improvement, give 4 more separate puffs of blue/grey reliever as above
   OR give 1 more dose of Bricanyl or Symbicort inhaler

**IF THERE IS STILL NO IMPROVEMENT**

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
   OR give 1 dose of a Bricanyl or Symbicort every 4 minutes – up to 3 more doses of Symbicort

**CALL EMERGENCY ASSISTANCE IMMEDIATELY AND DIAL TRIPLE ZERO (000) IF:**
- the person is not breathing
- the person’s asthma suddenly becomes worse or is not improving
- the person is having an asthma attack and a reliever is not available
- you are not sure if it’s asthma
- the person is known to have Anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid
Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.