

INTERIM ASTHMA ACTION PLAN

Name: _____

UR: _____

DOB: _____

Date Interim Action Plan prepared on: _____

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 **Flixotide*** 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 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



Translating and Interpreting Service
131 450



ASTHMA AUSTRALIA

Contact Asthma Australia

1800 ASTHMA
(1800 278 462)

asthma.org.au

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.