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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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.

3 STEPS TO TAKE BEFORE YOU GO HOME

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.

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.

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.

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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.

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.

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.

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
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 Google Play or Apple Store.

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

1. 50-person puffer
2. Live reliever puffer
3. Wait 5 mins
4. Dual 009 required

PREVENTER - EVERY DAY EVEN WHEN WELL

Most adults with asthma should have a preventer medication daily. Use a preventer as prescribed to keep it completely well. Regular use of a preventer makes you less sensitive and will reduce your symptoms.

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 (e.g. work/school, etc.)?
- Are your symptoms affecting your usual activities (e.g. housework, work/school, etc.)?

EXPERIENCING ANY OF THESE IS A SIGNS THAT YOUR ASTHMA MAY BE OUT OF 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, call the Asthma Australia Helpline (1800 278 462), email help@asthma.org.au or visit asthmaaustralia.org.au.

Asthma Australia acknowledges the partnership of the Queensland Government on the prior Emergency Department Discharge Project.