

## My asthma triggers are:

Taking my asthma medication each day will help reduce my reaction to these triggers.

## My asthma review:

I should have at least one routine asthma review every year. **I will bring:**

- My action plan.
- My inhaler and space to check I'm using them in the best way.
- Any questions about my asthma and how to cope with it.

Next asthma review date: \_\_\_/\_\_\_/\_\_\_

### GP Contact Information:

Hall Green Health  
979 Stratford Road, B28 8BG

Phone: 0121 777 3500

Website: [www.hallgreenhealth.co.uk](http://www.hallgreenhealth.co.uk)

# Use it, don't lose it!

Your action plan is a personal guide to help you stay on top of your asthma. Once you have created one with your GP or Asthma Nurse, it can help you stay as well as possible.

People who use their action plans are four times less likely to end up in hospital because of their asthma.

Your action plan will only work at its best to help keep you healthy if you:

1. **Put it somewhere easy for you and your family to find** - you could try your fridge door or bedside table. Try taking a photo and keeping it on your mobile phone or tablet.
2. **Check in with it regularly** - put a note on your calendar, or reminder on your mobile phone to read through it once a month. How are you getting along with your day-to-day asthma medicines? Are you having any asthma symptoms? Are you clear about what to do?
3. **Keep a copy near you**—save a copy on your phone or as your screensaver. Or keep a leaflet in your bag, desk or car glove box.
4. **Give a copy of you action plan or share a photo of it with a key family member or friend.**—ask them to read it. Talk to them about your usual asthma symptoms so they can help you notice if they start. Help them know what to do in an emergency.
5. **Take it to every healthcare appointment**—including A&E/consultant. Ask your GP or nurse to update it if any of their advice for your changes. Ask them for tips if you're finding it hard to take your medicines as prescribed.

The step-by-step guide that helps you stay on top of your asthma

# Your asthma action plan



If you use a written asthma management plan you are **four times less likely** to be admitted to hospital for your asthma

## Every day asthma care:

My **preventer** inhaler:

- Contains steroid.
- **I need to take my preventer inhaler everyday EVEN when I feel well.**
- I take the prescribed puffs in the morning and the evening.

My **reliever** inhaler:

- Contains salbutamol and is blue.
- **I take my reliever inhaler ONLY if I need to.**
- I take the prescribed dose of my reliever inhaled if any of these things happen:
  - ⇒ I'm wheezing
  - ⇒ My chest feels tight
  - ⇒ I'm finding it hard to breathe
  - ⇒ I'm coughing

**PLEASE REMEMBER TO TAKE ANY OTHER MEDICATIONS FOR YOUR ASTHMA EVERY DAY**

**With this daily routine I should expect/aim to have no symptoms.** If I haven't had any symptoms or needed my inhaler for at least 12 weeks, ask my GP or asthma nurse to review my medicines in case they can reduce the dose.

## When I feel worse:

- **My symptoms are coming back (wheeze, tightness in my chest, feeling breathless, cough).**
- **I am waking up at night.**
- **My symptoms are interfering with my usual day-to-day activities (e.g. at work, exercising).**
- **I am using my reliever inhaler more than usual.**

This is what I can do straight away to get on top of my asthma:

**If I haven't been using my preventer inhalers, start using it regularly again or:**

Increase my preventer inhaler dose to prescribed dose until my symptoms have gone and my peak flow is back to normal.

Take my reliever inhaler as needed (up to 2 puffs every four hours).

**URGENT! If I don't improve within 24 hours make an emergency appointment to see my GP or asthma nurse.**

## In an asthma attack:

- **My reliever inhaler is not helping.**
- **I find it difficult to walk or talk.**
- **I find it difficult to breathe.**
- **I'm wheezing a lot or I have a very tight chest or I'm coughing a lot.**
- **My peak flow is below the lowest it's been.**

## THIS IS AN EMERGENCY TAKE ACTION NOW

1. Sit up straight—don't lie down. Try to keep calm.
2. Take one puff of my reliever inhaler every 30 to 60 seconds up to a maximum of 10 puffs.
3. If I feel worse at any point while I'm using my inhalers OR I don't feel any better after 10 puffs—**CALL 999.**  
If the ambulance is taking longer than 15 minutes then repeat step 2.
4. If I feel better and have made my urgent same day appointment:
  - Check if I have been given rescue prednisolone tablets.
  - If I have these I should take them as prescribed.