

## About your personal asthma action plan

This plan is intended to be used by people with asthma aged 12 and above.

Your doctor or nurse will fill in this plan with you and explain the different medicines that you should take to control your asthma. It shows you how to recognise when your asthma is getting worse and what you can do about it.

It is reassuring to know that by taking steps early, severe asthma attacks can usually be prevented.

## Updating your personal asthma action plan

Because your asthma symptoms can change from day to day, your doctor or nurse may need to change your plan. You should have your asthma reviewed at least once a year.

If your medicine has been changed or increased, visit your doctor or nurse after one month to review your asthma.

**Do not stop taking your asthma medicines without talking to your doctor or nurse first.**



### Asthma UK **Adviceline**

Ask an asthma nurse specialist  
08457 01 02 03  
[asthma.org.uk/adviceline](http://asthma.org.uk/adviceline)

### Asthma UK **website**

Read the latest independent advice and news on asthma  
[asthma.org.uk](http://asthma.org.uk)

### Asthma UK **membership**

Become a member of Asthma UK and receive *Asthma Magazine* four times a year  
020 7704 5888  
[membership@asthma.org.uk](mailto:membership@asthma.org.uk)

### Asthma UK **publications**

Request booklets, factsheets and other materials with independent, specialist information on every aspect of asthma.  
020 7704 5888  
[info@asthma.org.uk](mailto:info@asthma.org.uk)



# Personal asthma action plan

Be in control

Name

Name of next of kin

Relationship to you

Next of kin contact number

Doctor or nurse contact number

Best peak flow and date taken

Drug allergies

Date plan updated

Notes

Asthma UK, Providence House, Providence Place, London N1 0NT  
T 020 7226 2260 F 020 7704 0740

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## What to do in an asthma attack

### An emergency is when any of the following happen:

- 1 Your reliever (blue) inhaler does not help
- 2 Your symptoms get worse (cough, breathless, wheeze, tight chest)
- 3 You are too breathless to speak

### What you must do during an attack:

- 1 Take your reliever (blue) inhaler
- 2 Sit up and loosen tight clothing
- 3 If no immediate improvement during an attack, continue to take one puff of reliever inhaler every minute for five minutes or until symptoms improve
- 4 If your symptoms do not improve in five minutes – or if you are in doubt – call 999 or a doctor urgently

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## Asthma medicine card

Name

Doctor or nurse contact number



Knowing what asthma medicines to take and when to take them is a vital first step towards keeping your asthma symptoms to an absolute minimum.

Be in control

## What you can do

Make sure you are taking your medicines as discussed with your doctor or nurse – this information should be written in this card.

Ask your doctor or nurse for a personal asthma action plan. This will help you to know what to do if your symptoms get worse or do not improve.

## Zone 1

### Your asthma is under control if:

- You have no or minimal symptoms during the day or night (wheezing, coughing, short of breath, tightness in chest)
- You can do all of your normal activities without asthma symptoms
- Your peak flow reading is  (85% of your best)

## Action

Continue to take your usual asthma medicines.

Preventer medicine should be used every day, even when you are feeling well. Your preventer medicine is

name

colour  Take  number of puffs/doses

dosage  when

Reliever medicine should be used if you have symptoms. Your reliever medicine is

name

colour  Take  number of puffs/doses

when

Other medicines taken regularly may be added to your treatment if your preventer is not stopping all of your symptoms. Your add-on medicine is

name

colour  Take  number of puffs/doses

when

**If you are always in zone 1, your doctor or nurse may want to reduce (step down) your regular medicines.**

## Zone 2

### Your asthma gets worse if:

- You need to use your reliever inhaler more than once a day
- You have had difficulty sleeping because of your asthma
- Your peak flow reading has fallen to  (between 70% and 85%)

## Action

Increase your preventer inhaler

name

colour  to  number of puffs/doses a day

Stay on this dose until you have had no symptoms for  days then return to your dose in zone 1.

Continue to take your reliever medicine

name

colour  when needed.

If your symptoms do not improve in  days contact your doctor or nurse for advice.

Your doctor or nurse will discuss your inhaler with you and check your inhaler technique. You may be started on a different medicine to help to get your symptoms back under control.

**If you are often in zone 2, let your doctor or nurse know at your next review. Your usual medicines may need to be increased or changed.**

## Zone 3

### Your asthma is much more severe if:

- You need to take your reliever inhaler every four hours or more often
- You have symptoms all the time
- Your peak flow reading is between  and  (50% and 75%)

## Action

Continue taking your preventer medicine as prescribed at the higher dose in zone 2.

Continue taking your reliever medicine when needed.

If you have been prescribed steroid tablets, take  number  5mg prednisolone tablets immediately and again every morning for  days or until your symptoms have improved or your peak flow has been at  for two days.

Your doctor or nurse may want you to let them know within 24–36 hours that you have started such a course of tablets. If you regularly take steroid tablets, your doctor will advise you on how to reduce the number you are taking.

**If you are often in zone 3, let your doctor or nurse know. Your usual medicines may need to be increased or changed.**

## Zone 4

### It is an asthma emergency if any of the following happen:

- Your reliever (blue) inhaler does not help
- Your symptoms get worse (cough, breathless, wheeze, tight chest)
- You are too breathless to speak
- Your peak flow reading is below

## Action

- Take your reliever (blue) inhaler
- Sit up and loosen tight clothing
- If no immediate improvement during an attack, continue to take one puff/dose of reliever inhaler every minute for five minutes or until symptoms improve
- If your symptoms do not improve in five minutes – or if you are in doubt – call 999 or a doctor urgently

## Your asthma medicines – what to use on a everyday basis

	Your medicine is:	How much to use:	When to use:	Comments/symptoms:
<b>Preventer</b>				
<b>Reliever</b>				
<b>Other</b>				

## How to recognise if your asthma is getting worse

- Have you had difficulty sleeping because of your asthma symptoms (including coughing)?
- Have you had your usual asthma symptoms during the day (cough, breathless, wheeze, tight chest)?
- Has your asthma interfered with your usual activities (eg housework, work or school)?
- If **'yes'** to one or more of the above, or if you have not seen your doctor or nurse about your asthma for 12 months or more, arrange to have a review. If **'yes'** to all of the above – is this an emergency? (see overleaf)