



Your Asthma Action Plan



Contact Numbers:

Nurse:

GP:

NHS 24: **08454 24 24 24**

Other:

Pub Date: April 2011

Review Date: April 2013

Issue No: 01

Review Date:

Issue Date:

Best Peak Flow:

Name:

Asthma well controlled:

- almost no symptoms during the day or at night
- you can do your normal activities

Peak
Flow
Above

Preventer Inhaler:

Name Colour

Dose puffs morning night

Blue Reliever Inhaler:

Name

Dose puffs as required

Asthma getting worse:

- you have difficulty sleeping because of asthma
- you have difficulty doing normal activities
- you are getting a cold
- you are using your blue reliever inhaler more and it lasts a shorter time

Peak
Flow
Below

Continue your usual inhalers and contact your GP or Nurse for advice.

Plan

If your symptoms do not improve within days

See G.P. - Start steroids

Prednisolone 8 x 5mg tablets for 5 days or as directed

Asthma Emergency:

- your symptoms are getting worse (breathless, wheeze, cough or tight chest)
- you are too breathless to speak easily
- your blue reliever inhaler does not help

Peak
Flow
Below

Call 999 for an ambulance or a doctor urgently and use your blue reliever inhaler 1 puff every minute until symptoms improve or help arrives