My asthma triggers

Taking my asthma medicine each day will help reduce my reaction to these triggers. Avoiding them where possible will also help.

People with allergies need to be extra careful as attacks can be more severe.

My asthma review

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

- My action plan to see if it needs updating.
- Any inhalers and spacers I have, to check I'm using them correctly and in the best way.
- Any questions about my asthma and how to cope with it.

Next asthma review date: _____

GP/asthma nurse contact

Name:

Phone number:

Out-of-hours contact number

(ask your GP surgery who to call when they are closed)

Name:

Phone number:

Health & care information you can trust

The Information Standard Certified Member

HA1080216 © 2016 Asthma UK registered charity number in England and Wales 802364 and in Scotland SCO39322.
Last reviewed and updated 2018; next review 2019.

*Adams et al; Factors associated with hospital admissions and repeat emergency department visits for adults with asthma; Thorax 2000;55:566–573

How to use it

Your written asthma action plan can help you stay on top of your asthma.

To get the most from it, you could...

1. **Put it somewhere easy for you and your family to find** – like your fridge door, noticeboard, or bedside table.
2. **Keep a photo of it on your mobile phone or tablet** – so you can check it wherever you are. You can also send it to a family member or friend, so they know what to do if your asthma symptoms get worse.
3. **Check in with it regularly** – put a note on your calendar, or a monthly reminder on your phone to read it through. Are you remembering to use your day-to-day asthma medicines? Do you know what to do if your symptoms get worse?
4. **Take it to every healthcare appointment about your asthma** – including A&E/consultant. Ask your GP or asthma nurse to update it if their advice for you changes.

Get more advice & support from Asthma UK:

Speak to a specialist asthma nurse about managing your asthma on: **0300 222 5800**

Get news, advice and download information packs at: **www.asthma.org.uk**

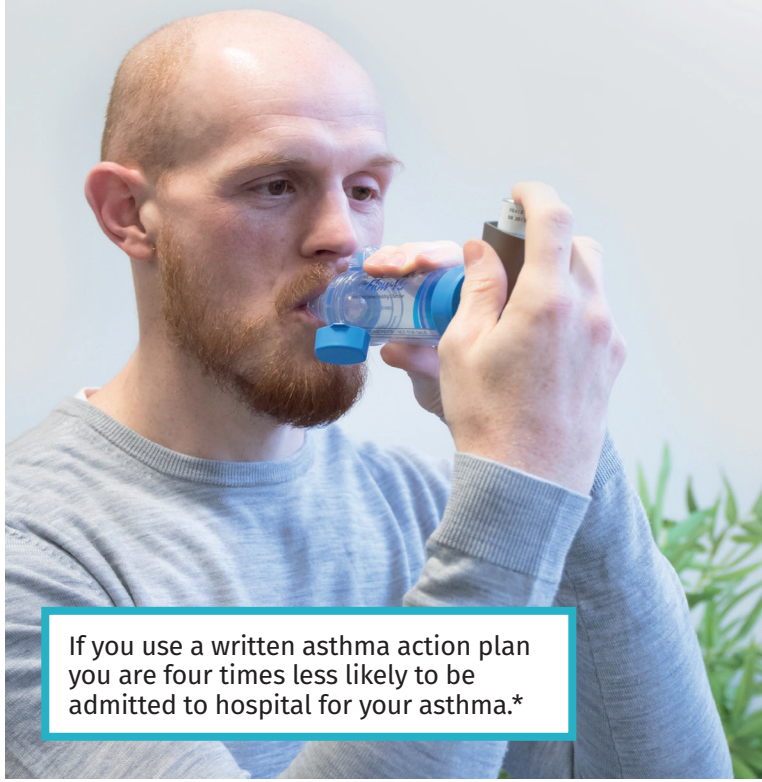
Follow us on Facebook for news and tips about your asthma: **www.facebook.com/asthmauk**

Follow us on Twitter for news and tips about your asthma: **@asthmauk**

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

Your asthma action plan

Fill this in with your GP or nurse



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

Name and date:

Any asthma questions?
Call our friendly helpline nurses

0300 222 5800

(9am – 5pm; Mon – Fri)

www.asthma.org.uk

Every day asthma care:

My asthma is being managed well:

- With this daily routine I should expect/aim to have no symptoms.
- If I've not had any symptoms or needed my reliever inhaler for at least 12 weeks, I can ask my GP or asthma nurse to review my medicines in case they can reduce the dose.
- My personal best peak flow is: _____

My daily asthma routine:

My preventer inhaler (insert name/colour):

_____

I need to take my preventer inhaler every day even when I feel well

I take _____ puff(s) in the morning

and _____ puff(s) at night.

My reliever inhaler (insert name/colour):

_____

I take my **reliever** inhaler only if I need to

I take _____ puff(s) of my reliever inhaler if any of these things happen:

- ★ I'm wheezing
- ★ My chest feels tight
- ★ I'm finding it hard to breathe
- ★ I'm coughing

Other medicines and devices (eg spacers) I use for my asthma every day:

When I feel worse:

My asthma is getting worse if I'm experiencing any of these:

- 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 (eg at work, exercising).
- I am using my reliever inhaler three times a week or more.
- My peak flow drops to below: _____

URGENT! If you need your reliever inhaler more than every four hours, you're having an asthma attack and you need to take emergency action now.

What I can do to get on top of my asthma now:

If I haven't been using my preventer inhaler, I'll start using it regularly again or if I have been using it...

Increase my preventer inhaler dose to _____ puffs _____ times a day until my symptoms have gone and my peak flow is back to my personal best.

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

I carry my reliever inhaler with me when I'm out.

URGENT! See a doctor or nurse within 24 hours if you get worse at any time or you haven't improved after seven days.

Other advice from my GP about what to do if my asthma is worse (eg SMART/MART or rescue steroid tablets):

In an asthma attack:

I'm having an asthma attack if I'm experiencing any of these:

- My reliever inhaler is not helping or I need it more than every four hours.
- 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: _____

What to do in an asthma attack



1. **Sit up straight** — try to keep calm.



2. **Take one puff of your reliever inhaler (usually blue)** every 30 - 60 seconds, up to a maximum of 10 puffs.



3. **If you feel worse** at any point OR you don't feel better after 10 puffs call 999 for an ambulance.



4. **Repeat step 2 after 15 minutes** while you're waiting for an ambulance.

After an asthma attack:

See your GP within 48 hours to make sure you're not at risk of another attack. If you get worse see them urgently. Finish any medicines they prescribe you, even if you start to feel better. If you don't improve after treatment, see your GP urgently.

What to do in an asthma attack if I'm on SMART/MART: