MY ASTHMA ACTION PLAN Banbridge Group Surgery

GP – Tel : 02840623303

Asthma Nurse - Who to contact in an emergency: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| When my asthma is :WELL CONTROLLED* No regular wheeze, cough or chest tightness at night time, on waking or during day
* Can do normal physical activity without cough or wheeze
* Need reliever < 3 times/week

(except before exercise)* Peak flow above \_\_\_\_\_\_\_\_

  | When my asthma is:GETTING WORSE* Have night-time cough/wheeze
* Cough or wheeze with physical activity
* Using reliever inhaler more than 3 times/week

(except before exercise)* Peak flow between

\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ | When my asthma is:SEVERE* Need reliever every 3 hours or more often
* Increasing cough and wheeze
* Difficulty with normal activity
* Waking each night and most mornings with wheeze, cough or chest tightness
* Peak flow between

\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ | When my asthma is:LIFE THREATENING* Extreme difficulty breathing
* Little /no improvement with reliever
* Difficulty talking, symptoms getting worse quickly
* Lips turn blue
* Peak flow below \_\_\_\_\_\_\_\_
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| What should I do?CONTINUE MY USUAL TREATMENT :RELIEVER:PREVENTER:+Always carry my reliever puffer+ | What should I do?INCREASE INHALED MEDICATION:RELIEVER: Increase to 4-5 times/day orPREVENTER:Increase to 2-3 puffs twice daily orArrange appointment with Asthma Nurse or GP | What should I do?REMAIN ON INCREASED DOSAGE OF RELIEVER AND PREVENTER +RING PRACTICE FOR ADVICE/APPOINTMENT WITH PRACTICE NURSE OR GP-ON-CALL | What should I do?1. Sit upright and remain calm
2. Take 4 separate puffs of reliever (use spacer if available).take 4 breaths after each puff
3. Wait 4 minutes, if improvement, take another 4 puffs

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| 1. If little/no improvement -

-RING 999-State ‘Having asthma attack’-4 puffs every 4 minutes until ambulance arrives |

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 RELIEVERS – PREVENTERS (NEED TO TAKE EVERY DAY) ASTHMA TRIGGERS

 Salbutamol(Ventolin), Terbutaline(Bricanyl) Clenil, Flixotide, Pulmicort, Qvar, Seretide, Symbicort, Fostair Infection, exercise, dust, animal fur, cigarette smoke

 Works quickly by making airways wide. Reduces inflammation, swelling and mucus in airway. My triggers are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_