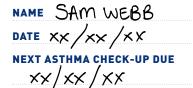
## ASTHMA ACTION PLAN

Take this ASTHMA ACTION PLAN with you when you visit your doctor



#### **DOCTOR'S CONTACT DETAILS**

DR SIMPLE PLEASANTVILLE MC (01) 1234 5678

#### **EMERGENCY CONTACT DETAILS**

Name JO WEBB Phone 0412 345 678 Relationship PARTNER

WHEN WELL Asthma under control (almost no syn	nptoms) ALWAYS CARRY YOUR RELIEVER WITH YOU
	Peak flow* (if used) above:
Your preventer is: (NAME & STRENGTH)	OTHER INSTRUCTIONS
Takepuffs/tabletstimes every day □ Use a spacer with your inhaler	(e.g. other medicines, trigger avoidance, what to do before exercise)
Your reliever is: (NAME)	
Takepuffs	
When: You have symptoms like wheezing, coughing or shortness of breath $\hfill \square$ Use a spacer with your inhaler	

WHEN NOT WELL  Asthma getting worse (needing more reliever e.g. more than 3 times per week, waking up with asthma, more symptoms than usual, asthma is interfering with usual activities)		
Keep taking preventer: BUDENOSIDE  [NAME & STRENGTH]  Take 2 puffs tablets times every day  if you are unable to locate relieve	Peak flow* (if used) between and  OTHER INSTRUCTIONS Contact your doctor  (e.g. other medicines, when to stop taking extra medicines)	
Use a Spacer with your inhaler  Your reliever is:  Take   Duffs  Use a spacer with your inhaler	If no relief after 4 minutes, more to next stage.	

IF SYMPTOMS GET WORSE Asthma is severe (needing reliever again within 3 hours, increasing difficulty breathing, waking often at night with asthma symptoms)		
Keep taking preventer: BUDESONIDE  [NAME & STRENGTH]  Take Quffs ablets times every day  If you are wable to locate reliever  Use a pacer with your inhaler  Your reliever is: SALBUTAMOL	Peak flow* (if used) between and  OTHER INSTRUCTIONS  (e.g. other medicines, when to stop taking extra medicines)  Prednisolone/prednisone:  Take each morning for days	
Takepuffs	Repeat this in 4 minutes if your symptoms have not been relieved.	



DANGER SIGNS

Asthma emergency (severe breathing problems, symptoms get worse very quickly, reliever has little or no effect)

**DIAL 000 FOR AMBULANCE** 

Peak flow (if used) below:

Call an ambulance immediately Say that this is an asthma emergency Keep taking reliever as often as needed NationalAsthma CouncilAustralia

www.nationalasthma.org.au

# ASTHMA ACTION PLAN what to look out for

#### WHEN WELL



#### **THIS MEANS:**

- you have no night-time wheezing, coughing or chest tightness
- you only occasionally have wheezing, coughing or chest tightness during the day
- you need reliever medication only occasionally or before exercise
- you can do your usual activities without getting asthma symptoms

#### WHEN NOT WELL



#### THIS MEANS ANY ONE OF THESE:

- you have night-time wheezing, coughing or chest tightness
- you have morning asthma symptoms when you wake up
- you need to take your reliever more than usual eg. more than 3 times per week
- your asthma is interfering with your usual activities

#### IF SYMPTOMS GET WORSE



#### THIS MEANS:

- you have increasing wheezing, cough, chest tightness or shortness of breath
- you are waking often at night with asthma symptoms
- you need to use your reliever again within 3 hours

THIS IS AN ASTHMA ATTACK

#### DANGER SIGNS



#### **THIS MEANS:**

- your symptoms get worse very quickly
- you have severe shortness of breath, can't speak comfortably or lips look blue
- you get little or no relief from your reliever inhaler

CALL AN AMBULANCE IMMEDIATELY: DIAL 000 SAY THIS IS AN ASTHMA EMERGENCY.

DIAL 000 FOR AMBULANCE

### ASTHMA MEDICINES

#### **PREVENTERS**

Your preventer medicine reduces inflammation, swelling and mucus in the airways of your lungs. Preventers need to be taken **every day**, even when you are well.

Some preventer inhalers contain 2 medicines to help control your asthma (combination inhalers).

#### **RELIEVERS**

Your reliever medicine works quickly to make breathing easier by making the airways wider.

Always carry your reliever with you – it is essential for first aid. Do not use your preventer inhaler for quick relief of asthma symptoms unless your doctor has told you to do this.

To order more Asthma Action Plans visit the National Asthma
Council website. A range of action plans are available on the website

– please use the one that best suits your patient.

www.nationalasthma.org.au

