

# ASTHMA ACTION PLAN

Take me when you visit your doctor



PATIENT NAME

PLAN DATE  REVIEW DATE

DOCTOR DETAILS

**EMERGENCY CONTACT**

NAME  PHONE

RELATIONSHIP

**WELL CONTROLLED** is all of these...

- needing reliever medication no more than 2 days/week
- no asthma at night
- no asthma when I wake up
- can do all my activities

Peak Flow reading (if used) above

**I NEED TO...**

**TAKE** preventer  name  day  puffs/inhalations  night  puffs/inhalations

- Use my preventer, even when well controlled
- Use my spacer with my puffer

**TAKE** reliever  name  puffs/inhalations as needed  puffs/inhalations 15 minutes before exercise

- Always carry my reliever medication

**FLARE-UP** is any of these...

needing reliever medication more than usual OR  days/week

woke up overnight with asthma

had asthma when I woke up

can't do all my activities

Peak Flow reading (if used) between  and

my triggers and symptoms

**I NEED TO...**

**TAKE** preventer  name  day  puffs/inhalations  night  puffs/inhalations

for  days then back to Well Controlled dose

**TAKE** reliever  name  puffs/inhalations as needed

**START** other medication  name  dose  for  days

**MAKE** an appointment to see my doctor **this week**

**SEVERE** is any of these...

reliever medication not lasting 3 hours

woke up frequently overnight with asthma

had asthma when I woke up

difficulty breathing

Peak Flow reading (if used) between  and

my triggers and symptoms

**I NEED TO...**

**TAKE** preventer  name  day  puffs/inhalations  night  puffs/inhalations

for  days then back to Well Controlled dose

**TAKE** reliever  name  puffs/inhalations as needed

**START** other medication  name  dose  for  days

**MAKE** an appointment to see my doctor **TODAY**

- If unable to see my doctor, visit a hospital

**If unable to see my doctor/hospital:**

**START** other medication  name  dose  for  days

**EMERGENCY** is any of these...

reliever medication not working

can't speak a full sentence

extreme difficulty breathing

feel asthma is out of control

lips turning blue

Peak Flow reading (if used) below

**I NEED TO...**

- CALL AMBULANCE NOW**  
Dial Triple Zero (000)
- START ASTHMA FIRST AID**  
Turn page for Asthma First Aid

# ASTHMA FIRST AID

## Blue/Grey Reliever

Airomir, Asmol, Ventolin or Zempreon and Bricanyl

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma



**DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY IF THE PERSON:**

- is not breathing
- suddenly becomes worse or is not improving
- is having an asthma attack and a reliever is not available
- is unsure if it is asthma
- **has a known allergy to food, insects or medication and has SUDDEN BREATHING DIFFICULTY, GIVE ADRENALINE AUTOINJECTOR FIRST (if available), even if there are no skin changes, then use a reliever**

**1**



**SIT THE PERSON UPRIGHT**

- Be **calm** and reassuring
- **Do not leave** them alone

**2**



**GIVE 4 SEPARATE PUFFS OF RELIEVER PUFFER**

- **Shake** puffer
- Put **1 puff** into spacer
- Take **4 breaths** from spacer
  - Repeat until **4 puffs** have been taken



If using **Bricanyl**, give 2 separate inhalations (5 years or older)

If you don't have a spacer handy in an emergency, take **1 puff** as you take **1 slow, deep breath** and hold breath for as long as comfortable. **Repeat** until all puffs are given

**3**



**WAIT 4 MINUTES**

- If breathing does not return to normal, give **4 more separate puffs** of reliever as above



**Bricanyl:** Give 1 more inhalation

## IF BREATHING DOES NOT RETURN TO NORMAL

**4**



**DIAL TRIPLE ZERO (000)**

- Say **'ambulance'** and that someone is having an asthma attack
- Keep giving **4 separate puffs every 4 minutes** until emergency assistance arrives



**Bricanyl:** Give 1 more inhalation **every 4 minutes** until emergency assistance arrives