

Asthma self-management action plan (for ages 14+)*

Part 3 How do I know if it is an asthma emergency?

- My reliever inhaler does not help
- My symptoms get worse
- I am too breathless to speak

What should I do in an emergency?

- Take your reliever inhaler
- Sit up and loosen tight clothing
- If there is no immediate improvement, continue to take one dose/ puff of reliever inhaler every minute until symptoms improve or up to a maximum of five minutes.
- If my symptoms do not improve in five minutes, or if I am unsure, I should call 999 or a doctor urgently.

*This action plan may not be suitable for all patients with asthma. In some cases, your doctor or nurse will provide you with other specific information and actions to follow.

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03/12

Name:

Date:

Issued by:

Contacts	Name	Telephone
GP practice		
Community respiratory team		
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Out-of-hours service		
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Part 1 How do I know if my asthma is under control?

- I have no, or minimal symptoms during the day or night (wheezing, coughing, shortness of breath, tightness in chest)
- I can do all my normal activities without any symptoms
- My peak flow reading is at least (80% of my best)

My usual asthma medications include:

- **Preventer medicine** (This should be used every day, even when I am feeling well)

Name:

Colour:

Take: doses/puffs when

- **Reliever medicine** (This should be used when I have symptoms)

Name:

Colour:

Take: doses/puffs when

- **Other regular asthma medicines that may be added to my treatment**

Name:

Colour:

Take: doses/puffs when

Part 2 How do I know if my asthma is getting worse?

- Am I waking from sleep due to asthma?
- Do I have my usual asthma symptoms during the day?
- Does my asthma interfere with my usual activities?
- Do I need my reliever medicine more often?
- Is my peak flow reading less than usual?

My actions should include:

- Ensure that I am taking my usual medication and inhalers as prescribed
- Use a spacer with my inhaler device if I have been given one
- Add or increase the following medication or inhalers if prescribed:
Name Take doses/puffs when
 - Stay on this dose until I have had no symptoms for days, then return to my normal dose.
- Seek advice from

If my symptoms do not improve after hours/days, then I should:

- contact as soon as possible
- start by taking of my 5mg prednisolone (steroid) tablets if I keep these at home
 - continue to take of them every morning for days or until my symptoms have improved or my peak flow has been at for two days.
 - see my doctor within 1–2 days to let them know I have started the tablets.