

# Asthma Action Plan

Name / ID label

Completed by: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

To be reviewed in 6 months by your local doctor

## When well

Take PREVENTER medication:

Before exercise:

Stop RELIEVER medication after being well for \_\_\_\_ days. Continue PREVENTER

## When unwell - a cold, wheeze, cough (see back of page)

Take RELIEVER (blue puffer) medication:

Take \_\_\_\_ puffs of \_\_\_\_\_ with the spacer 3 to 4 times a day

Continue PREVENTER: \_\_\_\_\_

Improving

Continue RELIEVER medication \_\_\_\_ puffs 3 to 4 times a day. Continue PREVENTER

**If worsens** - chest tightness, breathing quickly, shortness of breath, increased effort of breathing

Take RELIEVER (blue puffer) medication:

Take \_\_\_\_ puffs of \_\_\_\_\_ with the spacer every 3 to 4 hours (6-8 times a day) as necessary.

If not improving see your doctor.

Take STEROID: \_\_\_\_ of \_\_\_\_ for \_\_\_\_ days

While taking oral steroids use RELIEVER medication at least 3 to 4 times a day

Improving

**If severe** - marked chest tightness, struggling to breathe, difficulty speaking, blue lips

Take 4 puffs of RELIEVER (blue puffer) IMMEDIATELY. Wait for 4 minutes. If no improvement in 4 minutes, take another 4 puffs and go to your DOCTOR or the nearest HOSPITAL.

**If struggling to breathe, unable to speak or blue lips call an AMBULANCE URGENTLY ON '000'**

On the way to the doctor or while waiting for an ambulance, continue to give blue puffer - 4 puffs every 4 minutes.

Please bring this plan with you when you visit your doctor or the hospital

# **What to look for in an attack of Asthma or When to use reliever (blue puffer)**

## **Cough**

A continuous cough may be a sign of an asthma attack. It is usually dry in nature and may be worse at night or in the early morning.

## **Chest tightness or “pain”**

An older child may feel chest tightness. Younger children may complain of “chest pain” or “stomach pain”.

## **Breathing quickly**

Stomach moving in and out obviously ; Sucking in between ribs or under ribs or at the base of the neck.

## **Wheeze**

You may or may not hear a wheeze. A wheeze sounds like a whistling noise, which is usually heard when the child breathes out.

## **Getting Better**

You will know your child is getting better because the signs above will happen less often or go away. As your child improves they will need to use their reliever (blue puffer) less often.

## **Remember**

When taking oral steroids, use the reliever medication (blue puffer) 3 – 4 times a day.

**If there is anything you don't understand about this form, please ask your doctor.**