

FIGURE 1
Asthma action plan, Asthma UK. The full template can be downloaded free from the Asthma UK website: www.asthma.org.uk



Every day asthma care:

My personal best peak flow is:

My **preventer** inhaler

(insert name/colour):

I need to take my preventer inhaler every day even when I feel well

I take

puff(s) in the morning

and

puff(s) at night.

My **reliever** inhaler

(insert name/colour):

I take my reliever inhaler only if I need to

I take

puff(s) of my reliever inhaler if any of these things happen:

- I'm wheezing
- My chest feels tight
- I'm finding it hard to breathe
- I'm coughing.

Other medicines I take for my asthma every day:

With this daily routine I should expect/aim to have no symptoms. If I haven't had any symptoms or needed my reliever inhaler for at least 12 weeks, ask my GP or asthma nurse to review my medicines in case they can reduce the dose.



People with allergies need to be extra careful as attacks can be more severe.



When I feel worse:

- My symptoms are coming back (wheeze, tightness in my chest, feeling breathless, cough)
- I am waking up at night
- My symptoms are interfering with my usual day-to-day activities (eg at work, exercising)
- I am using my reliever inhaler times a week or more
- My peak flow drops to below

This is what I can do straight away to get on top of my asthma:

1

If I haven't been using my preventer inhaler, start using it regularly again or:
Increase my preventer inhaler dose to puffs times a day until my symptoms have gone and my peak flow is back to normal
Take my reliever inhaler as needed (up to puffs every four hours)
URGENT! If I don't improve within 24 hours **make an emergency appointment to see my GP or asthma nurse.**

2

If I have been given prednisolone tablets (steroid tablets) to keep at home:
Take mg of prednisolone tablets (which is x 5mg) **immediately** and again every morning for days or until I am fully better.

URGENT! Contact my GP or asthma nurse today and let them know I have started taking steroids and make an appointment to be seen within 24 hours.



In an asthma attack:

- My reliever inhaler is not helping or I need it more than every hours
- I find it difficult to walk or talk
- I find it difficult to breathe
- I'm wheezing a lot or I have a very tight chest or I'm coughing a lot
- My peak flow is below



THIS IS AN EMERGENCY TAKE ACTION NOW

1

Sit up straight — don't lie down. Try to keep calm

2

Take one puff of my reliever inhaler every 30 to 60 seconds up to a maximum of 10 puffs

3

A) If I feel worse at any point while I'm using my inhaler

B) If I don't feel any better after 10 puffs

C) If I feel better: make an urgent same-day appointment with my GP or asthma nurse to get advice

CALL 999

Ambulance taking longer than 15 minutes? Repeat step 2

If I feel better, and have made my urgent same-day appointment:

- Check if I've been given rescue prednisolone tablets
- If I have these I should take them as prescribed by my doctor or asthma nurse

IMPORTANT! This asthma attack information is not designed for people on a SMART or MART medicine plan. If you're on a SMART or MART medicine plan, please speak to your GP or asthma nurse to get the correct asthma attack information.

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