

ASTHMA ACTION PLAN

Name:

DOB:

Hosp Number:

Consultant:

Completed date:

Completed by:

ALL children with asthma MUST live in a smoke free environment



REGULAR TREATMENTS

My PREVENTER is:

.....

It is the colour:

I should take puffs in the morning and puffs at night.

I should take this **every** day even if I feel well. My asthma team may change the dose when I am seen in the clinic.

I should ALWAYS brush my teeth or rinse mouth after taking this inhaler.

My other regular medications are

.....

.....

I should take these everyday as well.

ONLY WHEN NEEDED

My RELIEVER inhaler is called:

.....

It is the colour: Blue

Usually I take puffs at first

I take my RELIEVER inhaler only when I wheeze, cough, I find it hard to breathe or my chest hurts.



Take puffs before exercise if it usually makes you wheeze or it becomes hard to breathe,



Triggers

These things usually make my asthma worse

If I cannot avoid the trigger I should make sure I have my reliever treatment ready

VIRAL WHEEZE

Start Reliever inhaler at the first sign of the cold:

..... puffs every 6 hours.

Increase dose and frequency to 6-8 puffs every 4 hours if needed. (see over):

Additional advice:

ALWAYS – Use a spacer with a Pump style inhaler. Always give one puff at a time followed by 5 breaths.

When symptoms start to settle, reduce the dose of salbutamol by 2 puffs / dose every 24 hours

BRING asthma plan, inhalers and spacers to every clinic or hospital visit.

ACUTE ASTHMA PLAN - I AM UNWELL

Keep a copy of this plan with you at all times. You can photocopy it or take a photo of it on your phone.

Mild / Moderate:

Wheeze and/or tight cough
Breathing fast
Not breathing hard



Give (blue) puffs.

Repeat after 4 hours if needed until symptoms settle.

If symptoms not settling:.....

Do not give 10 puffs more than every 4 hours at home. If unable to wait 4 hours, give an extra dose and take to the emergency department.

If symptoms last for more than 12 hours; arrange GP review. Continue Preventer Treatments as normal.



Start bronchodilator with symptoms
Continue until symptoms settle

Severe:

Difficulty in breathing
Chest sucking in
Cannot walk or talk easily



Give Salbutamol pMDI and spacer (blue) puffs via spacer.

Observe for response.
If starting at a low dose, increase dose by 2 puffs every 2 minutes up to 10 puffs if needed.

Repeat dose after 4 hours and continue until symptoms settled.

**If salbutamol needed more frequently than every 4 hours:
Dial 999**

Arrange GP review.
Continue Preventer Treatments as normal.

Additional treatment:

ALWAYS – Use a spacer with a Pump style inhaler. Always give one puff at a time followed by 5 breaths.

When symptoms start to settle, reduce the dose of salbutamol by 2 puffs / dose every 24 hours

BRING asthma plan, inhalers and spacers to every clinic or hospital visit.

Emergency:

**Distressed
Lips blue
Not with it / Drowsy**



Give Salbutamol pMDI and spacer (blue) 10 puffs via spacer.

Dial 999

Repeat 10 puffs of salbutamol every 15 minutes until ambulance arrives

Stay Calm
Keep child sitting up straight



Children's Asthma Nurses Team
0208 725 3043 Mon-Fri 8am-6pm
Outside of these times contact NHS111



paediatricasthma@stgeorges.nhs.uk



@SGHAsthma