

# 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:

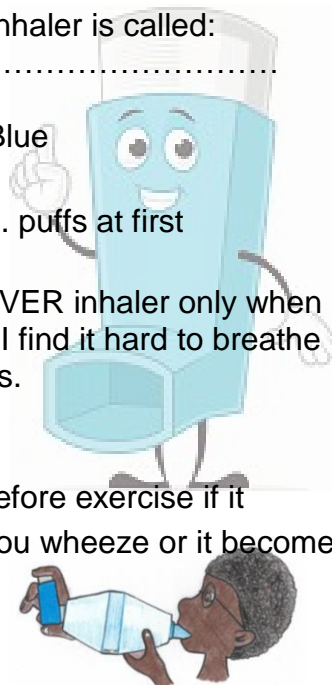
.....

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.

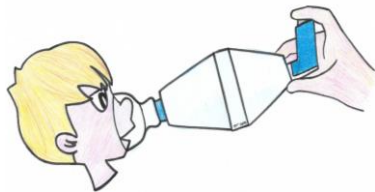
Repeat after 4 hours if needed until symptoms settle.

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:  
.....

**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

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