

Asthma Action Plan

Name: _____
DOB: _____
Hosp. Nr: _____
Weight: on _____ kg
Best Peak Flow: _____

Triggers:
viral infections

DAILY TREATMENT = Preventer Treatment

RESCUE (Reliever) TREATMENT (COLOUR BLUE)

If you/your child get(s) symptoms such as:
wheezing, chest tightness, rapid breathing, shortness of breath,

Mild symptoms: take: **2 puffs of Salbutamol (100 µg) every 4 hours**

If symptoms are **not controlled**:
Increase by further **2 puffs up to 10 puffs within 4 hours**

Severe symptoms: take up to **10 puffs of Salbutamol (100 µg) every 4 hours**

If you/your child needs more than 10 puffs of Salbutamol (100 µg) every 4 hours you should see your doctor or go to hospital!

If symptoms **improve** reduce: by **2 puffs every 4 hours until 2 puffs then stop**

EMERGENCY TREATMENT

If your child has a very severe attack:
agitation, confusion, unable to talk, not responding to treatment,

CALL AN AMBULANCE

**Take 10 puffs of Salbutamol (100 µg) {BLUE INHALER}
Take 1 puff of Salbutamol (100 µg) every minute until help arrives**

ADDITIONAL TREATMENT

At the onset of these symptoms: when the first signs of a cold develop,

1. General instructions

- Always use a spacer with / without a mask
- Always take your reliever medicines with you
- Wash your spacer once a month with soapy water
- Let your spacer drip dry after washing

2. When using inhaled steroid preparations

- You inhaled steroid preparation is: _____
- The mouth should be **rinsed** after using it or it should be taken before a meal or before brushing teeth.
- On days you are using your reliever you should use the preventer **after** using your reliever
- You should use the preventer every day as instructed
- You should use it with the Spacer (Valve Holding Device) or with powder inhaler

3. When to seek help form a doctor or asthma nurse

- If you/your child has **a bad attack** or if you are worried
- When you/your child starts the **ADDITIONAL** treatment
- If you/your child needs the reliever (BLUE INHALER) **more than every 4 hours**
- If you/your child needs the reliever (BLUE INHALER) **every 4 hours for ONE DAY**
- If you/your child gets little or **no improvement from the reliever** (BLUE INHALER)
- Wheezing lasts more than 24 hours **and is not getting better**

4. Additional Information

- www.asthma.org.uk
- <http://www.itchysneezywheezy.co.uk>

Keep this plan readily available at all times. Please take this plan and all medications to all doctors' visits. Give copies to others who are involved in the care of the child (e.g. grandparents, nursery, playgroup, school, sports club)

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