



### Asthma Patient Action Plan

Use a hard point pen and press firmly

Today's Date: \_\_\_\_\_

#### Doctor's Information

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

\_\_\_\_\_ has permission to self-medicate

Signature: \_\_\_\_\_

#### Patient's Information

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Phone Number: \_\_\_\_\_

Other Phone Numbers:

Work \_\_\_\_\_ Cell \_\_\_\_\_

\_\_\_\_\_

#### Patient's Asthma Triggers

(circle all that apply)

Pet dander      Dust mites

Pollens      Molds

Strong smells      Air Pollution

Tobacco smoke

Other \_\_\_\_\_

### Green - Go

- I feel good
- Breathing well
- No cough or wheeze
- Can work and play
- Can walk and talk

#### I will prevent asthma symptoms everyday by:

- Taking my maintenance medicines daily, even when I feel good
- Before exercise, sports or other strenuous activity, take \_\_\_\_\_ puffs of \_\_\_\_\_

- Check that peak flow is over \_\_\_\_\_

#### EVERY DAY

##### 1. Maintenance Medicine

\_\_\_\_\_

How Much \_\_\_\_\_

\_\_\_\_\_ times per day

##### 2. Maintenance Medicine

\_\_\_\_\_

How Much \_\_\_\_\_

\_\_\_\_\_ times per day

##### Rescue Medicine

\_\_\_\_\_

How Much \_\_\_\_\_

### Yellow - Caution



Coughing



Wheezing



Waking up at night



Tight Chest

- I do not feel good
- Shortness of breath
- Coughing, wheezing
- Chest tightness
- Wake up at night coughing

#### I will continue my everyday maintenance medicines AND:

- Tell someone
- Rescue Medicine

\_\_\_\_\_

How Much \_\_\_\_\_

- If I still don't feel good within one hour, then I should:

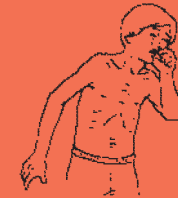
Increase dosage by \_\_\_\_\_ and \_\_\_\_\_

Call \_\_\_\_\_

- Check that peak flow is between \_\_\_\_\_ and \_\_\_\_\_

If my rescue inhalers are used more than one time per day or more than one canister per month, I will see my doctor.

### Red - MEDICAL ALERT



- I feel awful
- Medicine is not helping
- Getting harder to breathe
- Breathing is hard and fast
- Can't walk or talk well

#### I am in serious trouble and need to act fast! I will:

- Tell someone
- Take \_\_\_\_\_ (rescue medication) immediately
- Call my doctor and my parent/guardian(s) immediately

Doctor phone number: \_\_\_\_\_

Parent/guardian(s) phone number \_\_\_\_\_

**If medication is not working call 911 immediately.**



## What is Asthma?

Asthma is a serious lung disease. Asthma makes the sides of the airways in your lungs inflamed or swollen all the time. Your airways react to things like smoke, dust, pollen or other things. Your airways narrow or become smaller and you get common symptoms like coughing, wheezing, chest tightness or shortness of breath.

## Managing Your Asthma

- Work with your doctor and see him/her at least every 6 months
- Take your asthma medicines exactly as your doctor tells you
- Watch for signs that your asthma is getting worse and act quickly
- Stay away from or control things that make your asthma worse

## Types of Asthma Medication

There are two main kinds of medicines for asthma: (1) those that help with the long-term control of asthma and (2) those that give short-term quick relief from asthma symptoms.

### Long-Term-Control Medicines

The most effective long-term-control medicines are those that reduce swelling in your airways (inflammation).

- Inhaled steroids and steroid tablets or liquids are the strongest long-term-control medicines. The steroids used for asthma are NOT the same as the unsafe steroids some athletes take to build muscles.
- Inhaled steroids are used to prevent symptoms and control mild, moderate and severe asthma. Inhaled steroids are safe when taken at recommended doses. This is because the medicine goes right to your lungs when you need it. This reduces the amount of medicine you need and the chance of any side effects.
- Steroid tablets or liquids are used safely for short times to quickly bring asthma under control. They are also used longer term to control the most severe asthma.
- Inhaled long-acting beta<sub>2</sub>-agonists are used to help control moderate-to-severe asthma and to prevent nighttime symptoms. Long-acting beta<sub>2</sub>-agonists do not reduce inflammation. Therefore, patients taking this medicine also need to take inhaled steroids. Inhaled long-acting beta<sub>2</sub>-agonists should not be used for quick relief of asthma attacks.

## Quick-Relief (rescue) Medicines

- Inhaled quick-relief medicine quickly relaxes and opens your airways and relieves asthma symptoms. But it only helps for 4 hours. Quick-relief medicine cannot keep symptoms from coming back - only long-term-control medicines can do that.
- Take quick-relief medicine when you first begin to feel symptoms - like coughing, wheezing, chest tightness, or shortness of breath. Your doctor may tell you to use a peak flow meter to help you know when to take your inhaled quick relief medicines.
- Do not delay taking your quick-relief medicine when you have symptoms. This can keep you from having a really bad asthma attack.
- Tell your doctor if you notice you are using more medicine than usual. This is often a sign that your long-term-control medicine needs to be changed or increased.

**NOTE:** If you are using your rescue medicine more than once a week, or more than 1 canister per month, contact your doctor.