

My Asthma triggers are:

Make sure you take your prescribed medication daily to reduce the reaction to possible triggers. And take a look at www.rightbreathe.com to check your inhaler technique.

Annual Asthma Review

You should attend at least one Asthma review per year. Make sure you take along your self-management plan as it may need updating; and take your current prescribed medication along with your spacer device.

Next Asthma review date:

GP/asthma nurse contact:

Out-of-hours contact/support details:

How to use it

1. Keep your self-management plan in an easy to reach, safe place i.e. on your fridge
2. Make sure you take your self-management plan to your Asthma appointments
3. Refer to your plan if you start to feel unwell and log any changes in your health

Make a list of the number of flare ups you have had requiring an antibiotic and/or steroid in last 12 months; or hospital admissions as a result of your asthma. Inform your health care professional at your next appointment.

Make sure you have your annual 'flu vaccine! You may also have a pneumonia vaccine if you have severe asthma or are aged 65 years or over.

Asthma

Self- Management Plan

A step by step guide to monitoring and managing your Asthma



To be completed with your GP or nurse

Patient

Name:

Date:

Day to Day Asthma Care

Managing my asthma well: When I am feeling well my peak flow is:

I'm feeling well when I have no symptoms

If I haven't had any symptoms or needed my reliever inhaler for at least 12 weeks, I can ask my GP or nurse to review my medicines in case they can reduce the dose.

My daily asthma routine:

My preventer inhaler:

I need to take my preventer inhaler everyday even when I feel well

I take puff(s) in the morning

and puff(s) at night.

My reliever inhaler:

I only take my reliever if I need to; for example, if I'm wheezing, coughing or finding it hard to breathe.

Please list other medication(s) or devices you use for Asthma everyday:

If I start to feel worse

My asthma is getting worse if my peak flow is:

My symptoms are getting worse if:

- I'm waking at night
- My symptoms are having an impact on my usual day-to-day activities (e.g. work, exercise)
- I am using my reliever inhaler more than three puffs/week (or more than 2 canisters a year).

If I haven't been using my preventer inhaler, I'll start using it regularly again. If I have been using it, I will increase my preventer inhaler dose to puffs times a day until my symptoms have gone and my peak flow is back to my *well* peak flow level.

I will make sure I carry my reliever inhaler on my person in case I need it.

Make an appointment for an asthma review.

If you smoke, you must consider quitting. Please speak to your health professional for details of smoking cessation support available locally and online.

In an Asthma Attack

I am experiencing an asthma attack if my peak flow is:

I am experiencing an asthma attack if:

- My reliever inhaler is not benefiting me or I need it more than every 4 hours
- I am finding it difficult to walk or talk
- I am finding it difficult to breathe
- I am wheezing more, coughing a lot and/or have a very tight chest.

What to do in an Asthma Attack:

1. Sit up straight—try to remain calm
2. Take one puff of your reliever inhaler (usually blue) every 30—60 seconds, up to a maximum of 10 puffs.
3. If you feel worse or do not feel any better after 10 puffs, call 999 for an ambulance.
4. Repeat step 2 after 15 minutes
5. After an asthma attack see your GP within 48 hours to make sure you are not at risk of a further attack. Make sure you finish any medications that they prescribe for you.