

My main triggers are:

<input type="checkbox"/> House dust mites	<input type="checkbox"/> Viruses e.g. cold
<input type="checkbox"/> Cats	<input type="checkbox"/> Emotions
<input type="checkbox"/> Dogs	<input type="checkbox"/> Exercise
<input type="checkbox"/> Cigarette Smoke	<input type="checkbox"/> Weather Changes
Other:	

Exercise:

If I have a cough with exercise or I find it hard to breathe, I need to take.....puffs of my reliever at least 30 minutes before exercise.

School

It is very important that:

- I inform school that I have asthma
- I always have my reliever inhaler and spacer available for use in school
- My school has an emergency asthma plan for me.

School nurse contact information:

Doncaster: 01302 566776
Bassetlaw: 01777 274422

My best peak flow is:.....

My recent lung function showed:

Date:.....	Date:.....
FEV1: %	FEV1: %
FVC: %	FVC: %
Date:.....	Date:.....
FEV1: %	FEV1: %
FVC: %	FVC: %

Height:cm.....centile

Keeping well

I need to have an asthma review with my doctor or asthma nurse every year. More frequently if I am experience symptoms despite taking my preventer medication.

Please keep your asthma plan in a safe and accessible place. Make sure your family members and carers know where it is.

If you have a phone with a camera, we suggest taking a picture of your asthma plan so you always have it with you.

ASTHMA CAN BE FATAL DO NOT HESITATE TO SEEK MEDICAL HELP

EXPOSURE TO CIGARETTE SMOKE CAN WORSEN ASTHMA CONTROL AND TRIGGER ASTHMA ATTACKS



For help with stopping smoking visit:
www.nhs.uk/smokefree

Or call:

Doncaster Stop Smoking Service:
0800 612 0011

Bassetlaw Stop Smoking Service:
0800 246 5343

Useful contact information:

- For medical advice please call **NHS 111**
- Asthma UK Asthma Nurses:
0300 222 5800
- Or visit **www.asthma.org.uk**
- Paediatric Respiratory Nurse Specialists: **01302 642782**



Doncaster and Bassetlaw
Teaching Hospitals
NHS Foundation Trust

Personalised Asthma Action Plan



Name:

D.o.B.:

Hospital Consultant:

GP:

Date Issued:

Your asthma plan will be reviewed each time you see a doctor or nurse because of your asthma.

Please take it with you to your appointments.

Criteria for diagnosis

- Atopic History
- F/H of Atopy
- Evidence Wheeze
- Response to treatment

STEP **1 2 3 4** BTS-SIGN
GUIDELINES

When I am well My daily asthma medicines

My preventer is an inhaled steroid used at the lowest dose that works for me.

I should see my GP to discuss reducing my preventer inhaler after three months of good control.

INHALED asthma medications that I take everyday

Drug	Dose	Frequency

ORAL asthma medications that I take everyday

Drug	Dose	Frequency

My reliever inhaler is Salbutamol (Blue Inhaler) or

.....

When I am well I should not need to use this everyday. I should contact my GP if I am using it three or more times a week. The GP may need to change my preventer inhaler if I am using my reliever frequently.

When my asthma gets worse

I will know my asthma is getting worse if:

- I have a wheeze, cough, my chest hurts or it is hard to breathe
- I wake at night because of my asthma
- I need my reliever more than usual or more than three times a week
- I cannot run around as normal because of my asthma.

When this happens I must:

- Keep taking my preventer inhaler/medicine as normal
- Start taking my reliever inhaler **using my spacer** as outlined below:

DAY 1: Take 6 puffs every 4 hours

DAY 2: Take 6 puffs every 6 hours

DAY 3: Take 4 puffs every 6 hours

Day 4: If symptoms are relieved now stop, if not see below.

IMPORTANT I must seek medical advice today if:

- I am not getting any better by having my reliever as outlined above
- I need my reliever more frequently than every 4 hours
- I need 10 puffs of my reliever every four hours.

How to seek medical advice:

See my GP or out of hours GP.
Call NHS 111 for advice.

When I have an asthma attack

I am having an asthma attack if:

- I can't walk or talk easily, I am breathless
- I am breathing hard and fast
- I feel tired and exhausted
- I have blue lips
- I am wheezing and coughing a lot

When I have an asthma attack I must:

- Try to be calm. Sit up, do not lie down
- Take 1 puff of my reliever inhaler, using my spacer, every 30 seconds up to a total of 10 puffs
- If I have Prednisolone (steroid tablets) I should now take tablets once a day, by mouth for days. I should tell the doctor I have done this when I see them.

If I do not feel better after I have taken 10 puffs of my reliever:

- Call 999
- Take 1 puff of my reliever inhaler, using my spacer, every 30 seconds up to a total of 10 puffs every 15 minutes until the ambulance arrives.

Even if I feel better after 10 puffs of my reliever:

- I should see my GP or out of hours GP today