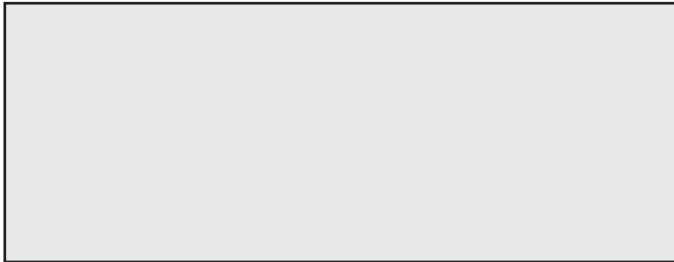


ASTHMA ACTION PLAN FOR



Modified by Dr Mike Levin from an action plan used at the Royal Hospital for Sick Children, Edinburgh.

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- Take your controller medication every day whether you feel well or unwell.
- Visit the Doctor /Asthma Clinic twice a year even if asthma is well controlled.
- Take your medication / pumps / spacers with you to every doctors / nurses visit.
- Take this plan to each visit so it can be updated.
- Take the symptom or peak flow diary to each visit.

Doctors Phone No:.....

Hospital Phone No:.....

Date
Normal Peak flow
Best Peak Flow

Asthma sufferers can:

- Have NO symptoms
- Have a normal lifestyle, play sport and sleep well.
- Have as few acute attacks as possible
- Miss little or no school and work
- Have your best possible peak flow

What are the three zones?

Green Zone - Your asthma is under control. This is where you want to be most of the time.

Orange Zone - Caution: your asthma is **not** under control. The medication may need to be changed. Follow the advice in this plan and keep a symptom and medication diary. Make an appointment to see your doctor or asthma nurse.

Red Zone - Red Alert: Your asthma is critical! Follow the Red Zone Action and see a doctor immediately or go to the closest emergency room.

GREEN ZONE - GO

Asthma is under control when:

- No cough or wheeze
- Can play games and sport normally
- No sleep disturbance
- Using reliever less than 3 times a week

AND

Peak flows are greater than _____(80%)

ACTION: Take normal medicines

1. Controller:

Strength.....
 Your device is.....
 Takepuffs
 When:..... every day

2. Other Medicines

Medicine	Dose	When
.....
.....
.....

3. Reliever:

Device.....
 Take.....puff as required
 And if necessary take.....puffs
 10- 15 minutes before sport or activity

ORANGE ZONE - CAUTION!

Asthma is getting worse if there is

- cough, wheeze or tight chest
- Waking at night with asthma symptoms
- Need to use the reliever inhaler more than 3 times a week
- Problems playing or doing sport

OR

Peak flow recordings are between _____(50%) and _____(80%)

ACTION

Increase the reliever inhaler to puffs four times a day until you are back in the green zone.
Continue to take your controller inhaler as normal to prevent your symptoms

Other action:

If there is no improvement make an appointment to see your Doctor or Asthma Nurse. Fill in a symptom and medication diary every day and tke it with you to the Dr or Asthma Nurse

RED ZONE - ALERT!

Asthma is dangerous when

- Breathing is hard and fast
- Can't talk easily or feed easily
- Severe shortness of breath
- The reliever pump is not helping

OR

Peak flow is below _____50%

ACTION

Call an ambulance or go to a doctor NOW, even if symptoms get better!

Take 1 puff of reliever every minute for 10 minutes. Use a spacer if you have one.

Repeat this if there is no improvement, as often as you need.

While waiting: Give 1 puff of reliever every minute for 10 minutes using a spacer if you have one.

- Use steroid tablets or syrup.
 Your dose is
- Keep calm Sit up to help breathe and loosen clothing