



Implementing improved asthma self-management as routine

Asthma causes

121,000

A&E visits each year.

But did you know that...

Asthma Action Plans can...



reduce symptoms

improve quality of life

<p>✓ Every day asthma care:</p> <p>My asthma is being managed well:</p> <ul style="list-style-type: none"> With this daily routine I should expect/aim to have no symptoms If I've not had any symptoms or needed my reliever inhaler for at least 14 weeks, I can ask my GP or asthma nurse to review my medicines in case they can reduce the dose My personal best peak flow is <input type="text"/> <p>My daily asthma routine:</p> <p>My preventer inhaler (insert name/colour)</p> <p>I need to take my preventer inhaler every day even when I feel well</p> <p>I take <input type="text"/> puff(s) in the morning and <input type="text"/> puff(s) at night.</p> <p>My reliever inhaler (insert name/colour)</p> <p>I take my reliever inhaler only if I need to</p> <p>I take <input type="text"/> puff(s) of my reliever inhaler if any of these things happen:</p> <ul style="list-style-type: none"> I'm wheezing My chest feels tight I'm finding it hard to breathe I'm coughing <p>Other medicines and devices (eg spacers) I use for my asthma every day.</p>	<p>⊕ When I feel worse:</p> <p>My asthma is getting worse if I'm experiencing any of these:</p> <ul style="list-style-type: none"> My symptoms are coming back (wheezing, tightness in my chest, feeling breathless, cough) I am waking up at night My symptoms are interfering with my usual day-to-day activities (eg at work, exercising) I am using my reliever inhaler three times a week or more My peak flow drops to below <input type="text"/> <p>⚠ URGENT! If you need your reliever inhaler more than every four hours, you're having an asthma attack and you need to take emergency action now.</p> <p>What I can do to get on top of my asthma now:</p> <ul style="list-style-type: none"> Increase my preventer inhaler dose to <input type="text"/> puffs Take my reliever inhaler as needed (up to <input type="text"/> puffs every four hours) Carry my reliever inhaler with me when I'm out <p>URGENT! See a doctor or nurse within 24 hours if you get worse at any time or you haven't improved after seven days.</p> <p>Other advice from my GP about what to do if my asthma is worse (eg SMART/MART or rescue steroid tablets)</p>	<p>⚠ In an asthma attack:</p> <p>I'm having an asthma attack if I'm experiencing any of these:</p> <ul style="list-style-type: none"> My reliever inhaler is not helping or I need it more than every four hours I find it difficult to walk or talk I find it difficult to breathe I'm wheezing a lot or I have a very tight chest or I'm coughing a lot My peak flow is below <input type="text"/> <p>What to do in an asthma attack</p> <ol style="list-style-type: none"> Sit up straight – try to keep calm Take one puff of your reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs If you feel worse at any point OR you don't feel better after 10 puffs call 999 for an ambulance. Repeat step 2 after 15 minutes unless you're waiting for an ambulance. <p>After an asthma attack:</p> <p>See your GP within 48 hours to make sure you're not at risk of another attack. If you get worse see them urgently. Finish any medicines they prescribe you, even if you start to feel better. If you don't improve after treatment, see your GP urgently.</p> <p>What to do in an asthma attack if I'm on SMART/MART:</p>
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1 in 3

people in the UK already have an asthma action plan.

Ask your GP or asthma nurse for an

asthma action plan or visit:

www.asthma.org.uk

