



EMERGENCY

I will seek immediate help if:

- I need the reliever every 3 hours
- I feel tired and exhausted
- I became breathless while walking or talking
- I have blue lips

If in doubt, contact your GP or dial 999

I NEED TO TAKE 10 PUFFS OF RELIEVER AND SEEK MEDICAL HELP

ASTHMA CAN BE FATAL

If you have any questions about asthma contact:

or visit www.asthma.org.uk

Patient Advice & Liaison Service (PALS)

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Minicom (Text talk): 01302 553140

Email: pals.dbh@dbh.nhs.uk

MY MAIN TRIGGERS ARE:

- House dust mite Cigarette smoke
- Cats Viruses eg cold
- Dogs
- Other:

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



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

My best peak flow is:

on:

My last lung function showed:

Date:

FEV₁: %

FVC: %

My current height is: cm

which is on the centile

ASTHMA IS NOT CURABLE BUT IS CONTROLLABLE

Asthma

Personalised Asthma Action Plan

Name:

D.o.B.:

Age:

Hospital Consultant:

GP:



WHEN I AM WELL

My asthma inhaler (preventor) is:

.....

INHALED

Drug	Dose	Frequency	Duration

My preventor is an **inhaled steroid** used at the **lowest doses** that work for me.

CONSIDER REDUCING AFTER 3 MONTHS OF GOOD CONTROL

ORAL

Drug	Dose	Frequency	Duration

WHEN I HAVE MILD SYMPTOMS

“I have a cold and I am coughing in spite of my preventor”

ADD ON:

Start taking my reliever inhaler strength:

..... puffs a day through my **spacer**.

EXERCISE INDUCED ASTHMA

If I have a cough with **exercise**, I need to use my **reliever** puffs **at least 30 minutes** before exercise.

CONTACT YOUR GP

If you are needing a lot of your blue reliever.

ACUTE ASTHMA & LIFE THREATENING ASTHMA

“My symptoms have suddenly got worse”

Take **Prednisolone** (Steroid tablets)
..... tablets by mouth **once daily**
for days.

Also take **reliever 10** puffs every 4 hours via **spacer**.

If I need my **reliever** more frequently than every 3 hours, I need to see my GP or arrange to come to hospital via ambulance.