

# Asthma Management Plan A self – help guide to managing your Asthma

Information and advice for patients

## Respiratory service

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Name:

GP (Tel:)

### What is an asthma management plan?

An asthma management plan is a written plan that helps you control your asthma.

It shows your daily treatment, what medicines to take and when to take them.

Your plan describes how best to control your asthma in the long term and how to manage worsening asthma or attacks.

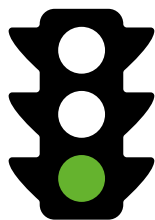
### Why use an asthma management plan?

It is your personal guide to help you control your asthma.

People who use their action plan are four times less likely to end up in hospital because of their asthma.

Attending regular asthma reviews means that we can change your medications according to your asthma control. This can avoid over treatment.

# My Asthma Management Plan



**This is what I need to do to keep my asthma well controlled**

Target peak flow (>80% of best peak flow): .....

My preventer inhaler : ..... Name/Colour

I need to take my preventer inhaler every day even when I feel well.

I take ..... puff(s) ..... a day

My reliever inhaler ..... Name/Colour

..... Puff(s) when needed

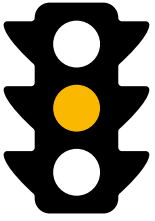
Inhaler technique checked

I take my reliever inhaler only if I need to.

For example:

- I'm wheezing
- My chest feels tight
- I'm finding it hard to breath
- I'm coughing

**If my asthma is well controlled, I should not need to use my  
reliever more than ..... times a week**



## My asthma is getting worse if I notice any of the following...

- Cough
- Wheeze
- Chest tightness
- Breathlessness
- Waking up at night due to asthma
- Can do some but not all usual activities

My peak flow drops to ..... or below

Continue to take your preventer inhaler ..... puff(s) ..... a day

If, after two days my asthma symptoms are getting worse or I am using my ..... more than ..... times a day.



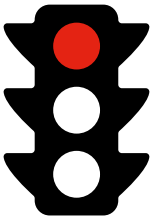
**Make an urgent appointment to see my GP or asthma nurse.**

If I have been given Prednisolone tablets take:

..... which is ..... x5mg tablets

For ..... days or until target peak flow achieved and stable for two days.

**Call my GP or asthma nurse and let them know I have started taking steroids and make an appointment to be seen within 24 hours.**



## I am having an asthma attack if any of these happen...

- I feel very breathless
- I cannot talk in full sentences
- I find it difficult to walk or complete usual activities
- I am wheezy and my chest feels tight

My peak flow drops to ..... or below.

### **This is an emergency, take the following actions!**

- Sit upright and remain calm
- Take one puff of your reliever inhaler every 30-60 seconds up to 10 puffs through a spacer if you have one



**If you feel better after taking Salbutamol, please book an urgent same day appointment with your GP.**

**If you feel worse, call 999 and continue to take your reliever inhaler one puff every 30 - 60 seconds.**

## Asthma triggers

My triggers are: (please circle)

Dust    Pollen    Cats    Dogs    Rabbits    Mould    Birds

Feathers    Exercise    Air pollution    Colds/viruses

Strong odours    Cigarette smoke    Others.....

I understand I should try to avoid my triggers

### Smoking

- Increases your risks of an asthma attack
- Could permanently damage your airways
- Could be blocking the benefits of your asthma medicines

**If you would like to give up smoking go to [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) or your GP/Asthma nurse.**

## Asthma medicines

### Preventers

Your preventer medicine reduces redness and swelling in airways and dries up the mucous. Preventers need time to work and need to be taken every day even when you are well.

### Relievers

Your reliever medicine works quickly to make breathing easier by making the airways wider. Always carry your reliever with you!

## Contact details

Service opening times: Monday - Friday 8.00am - 6.00pm

Telephone: 0121 507 2664 select options, 3, 4 then 1

Weekends and Bank holidays 8.30am - 4.30pm

Telephone: 07866360145

## Further information

### Asthma + Lung UK

<https://www.asthmaandlung.org.uk/>

### NHS Website

[www.nhs.uk/](http://www.nhs.uk/)

(Websites checked 16 September 2024).

For more information about our hospitals and services please see our website

[www.swbh.nhs.uk](http://www.swbh.nhs.uk), follow us on X @SWBHnhs and like us on Facebook

[www.facebook.com/SWBHnhs](http://www.facebook.com/SWBHnhs).

## Sources used in this leaflet

National institute for health and care excellence (NICE) (2013). *Asthma quality standard [QS25]*. Last updated, September 2018. Available at: <https://www.nice.org.uk/guidance/qs25> (Accessed 16 September 2024).

Scottish Intercollegiate Guidelines Network (SIGN) & British Thoracic Society (BTS) (2019). *British guideline on the management of asthma: a national clinical guideline*. Available at: <https://www.brit-thoracic.org.uk/quality-improvement/guidelines/asthma/> (Accessed 16 September 2024).

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