

Teenage Asthma Plan

Name _____

Given ___/___/___ Expires ___/___/___

Doctor/nurse signature _____

Teenage signature _____

Well level

No day or night time cough or wheeze.

My best peak flow:

What medicines do I take?

Preventer	Strength	How much?	How often?	Device

Take this every day. Ask your doctor/nurse - *when can the medicine be decreased?*

Reliever (usually blue)	How much? & How often?	Device
	2 puffs before activity 2 more during if needed	

Take this before exercise or activity AND as soon as any asthma symptoms appear.

Other treatments	Strength	How much do I take?	How often?	Device

Early Signs Level

What do I do?

Give Reliever (usually blue)	How much?	Extra advice
	Take 5 puffs every 3 to 4 hours	Can still go to school/college at this stage.
Other asthma medicines	→ Take as normal	Assume all colds and viruses can set off asthma attacks.

Peak flow: (75-90% of best)

You should get better within _____. If not, you need to do something about it. Move to the 'Asthma Attack Level' box below and **contact your GP**.

Asthma Attack Level

What do I do?

Give Reliever (usually blue)	How much?	Extra advice
	Take 10 puffs every 3 to 4 hours (called multi-dosing).	Multi-dosing should last for 3 to 4 hours.
Other asthma medicines	Take as normal.	If not, the asthma is getting worse and your child will need to start steroid tablets.
Steroid tablets (If you have these at home)	Take ___ tablets _____mg once a day for ___ days.	

As soon as you start giving steroids get an emergency doctor review.

Peak flow: (50-75% of best)

You should **start to feel better**. If not, you need urgent medical attention - either get an **immediate** appointment with your GP, (Tel: _____) go to your nearest hospital A&E department/or call 111.

Emergency

Distressed, gasping for breath, finding it hard to speak, skin pale or lips blue, 'not with it'

Peak flow: (below 50% of best)

What do I do?

- Dial 999 for an ambulance.
- While you are waiting for the ambulance**
 - Stay calm. Keep sitting up straight.
 - Take 10 puffs of your reliever using a spacer (1 puff at a time - you should take 5 breaths for each puff).
 - Keep taking your reliever every few minutes until the ambulance arrives.

PLEASE NOTE:
