

## How to recognise if your asthma is getting worse:

- Have you had difficulty sleeping because of your asthma symptoms (including coughing)?
- Have you had your usual asthma symptoms during the day (cough, wheeze, chest tightness or breathlessness)?
- Has your asthma interfered with your usual activities (e.g. housework, work or school)?

If you have answered 'yes' to one or more of the above, then arrange an asthma review with your GP or practice nurse.

See your nurse or GP once a year even when your asthma is well controlled. Take this plan to each visit so it can be updated. Take your symptom or peak flow diary to each visit.

Your local pharmacist is available to give asthma advice.

Get a copy of "Asthma Attacks and Emergency Care" from Asthma UK free of charge by calling the number overleaf

**Do not stop taking your asthma medicines without talking to your doctor first.**

For further information contact:

### **Asthma UK Scotland**

[www.asthma.org.uk](http://www.asthma.org.uk)

0800 121 6244 (Helpline)  
Monday – Friday, 9am – 5pm  
(calls free from a BT landline)

### **Chest Heart & Stroke Scotland**

[www.chss.org.uk](http://www.chss.org.uk)

0845 0776000 (Advice Line)  
Monday – Friday, 9.30am – 4pm  
(calls charged at local rates)  
[advice@chss.org.uk](mailto:advice@chss.org.uk)

### **My Condition, My Terms, My Life**

[www.myconditionmylife.org](http://www.myconditionmylife.org)

### **NHS Inform**

[www.nhsinform.co.uk](http://www.nhsinform.co.uk)

### **Smokeline**

[www.canstopsmoking.com](http://www.canstopsmoking.com)

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# ASTHMA

## Self-management plan

**This plan is for adults with asthma. It shows how to recognise when your asthma is getting worse and what to do to improve it.**

Name: .....

Date of birth: .....

CHI number: .....

GP contact number (Mon-Fri, 8am-6pm):  
.....

**NHS24 contact number: 08454 242424**

Respiratory/practice nurse service  
contact number:  
.....

Date for review: .....

Best peak flow: .....



## Green Zone

Your asthma is well controlled when:

- Your sleep is not disturbed by asthma symptoms (cough, wheeze, chest tightness or breathlessness)
- Your usual activities are not affected by asthma symptoms
- You have no asthma symptoms during the day
- Your peak flow reading is above .....

### Action

Continue to take your usual asthma medicines:

Inhaler/ tablet name	Preparation/ Colour	Dose and frequency
<b>Preventer</b> – should be used every day, even when well		
<b>Reliever</b> – should be used if you have symptoms		
<b>Other asthma medication</b>		



## Amber Zone

Your asthma is getting worse if:

- You have difficulty sleeping because of asthma symptoms (cough, wheeze, chest tightness or breathlessness)
- You have difficulty doing normal activities because of asthma symptoms
- You are using your reliever inhaler more or it lasts a shorter time
- Your peak flow is less than 80% of best.

### Action

Take full dose of inhalers:

- Reliever up to 12 puffs daily
- Maximise dose of any other inhalers. If this does not help, contact your GP or nurse for advice.

If your symptoms do not improve within \_\_\_ days see your GP and start steroids as directed.

Take \_\_\_ steroid tablets (5mg each) immediately and again each morning for \_\_\_ days or as directed.

Always let your GP or nurse know if you have started taking your steroid tablets.



## Red Zone

Asthma emergency:

- Your symptoms are getting worse (breathless, wheeze, cough or tight chest)
- You are too breathless to speak easily (cannot speak full sentences)
- Your blue reliever inhaler does not help
- Your peak flow reading is below 50% of best.

### Action

- Get help – call 999 urgently
- Sit up and loosen tight clothing
- Take your reliever inhaler:  
4 puffs to start and 1 puff every minute up to 20 puffs until symptoms improve or help arrives.