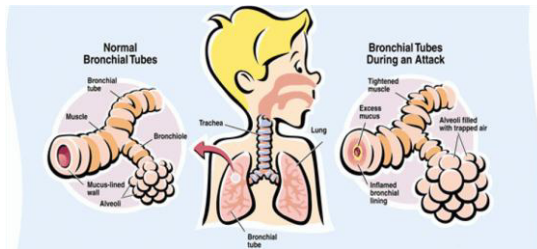




Asthma - When you wheeze with triggers like dust, pollen, furry animals, and exercise as well as with a virus or cold.



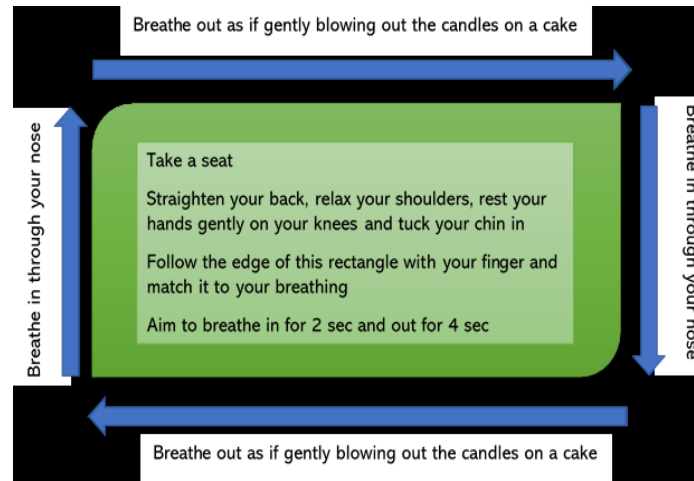
Triggers:		
	Pollen	Dust
	Fumes	Weather
	Exercise	Mould/ Damp
	Animal Fur (Cat, Dog etc)	Tobacco smoke/ Vape
	House Dust Mite	Medication
	Food	Stress/ Emotion
	Environmental	Respiratory infections
Other:		

Measuring your Peak Flow

Your Asthma Nurse may ask you to measure your Peak Flow over time to show how controlled your asthma is. The Peak Flow meter measures how fast you can blow into the device. If you have any questions speak to your asthma team



Breathing Control Exercises:



What do my inhalers do?

Combination inhalers are usually red/ white (Symbicort) or purple (Seretide) and they contain an inhaled steroid and a long-acting reliever medication and are to be taken every day, as prescribed.



Turbohaler

1. Unscrew and lift off cover
2. Hold Turbohaler upright and twist backwards and forwards until you hear a click
3. Breathe out gently
4. Place mouthpiece gently between teeth and breathe in deeply
5. Hold breath for 10 seconds before slowly breathing out
6. Repeat steps 2 – 5 for further doses



Asthma Team Contact Details:

Dr John Moreiras,
Nurses: Charlotte and Maria

- whittpaedasthma@nhs.net
- 0207288 EXT: 5017/ 5059
- CNS Mobile: 07435264332



My Asthma MART Care Plan (Maintenance and Reliever Therapy)



Asthma and difficulty breathing resources:



Peak Flow:

Manage your asthma:





I need to take my preventer inhaler everyday:

My PREVENTOR Medication is called:

Its colour is _____.

I take ____ Puffs EVERY morning and ____ Puffs EVERY night. I do this every day even if my asthma is OK.

• My best peak flow measure is:

Rescue Inhaler:

My rescue inhaler helps when I am wheezy or coughing, finding it harder to breathe, or my chest hurts. I should NOT need it regularly.

My RELIEVER Medication is called: _____. And its colour is _____. I can take **1-2 puff/s** of my reliever inhaler.

NAME and STRENGTH

DOSE

My Asthma is not controlled if ...

- I wheeze, cough, my chest is hurting, it's hard to breathe **OR**
- I am waking up at night because of my breathing symptoms (This is an important sign, and I WILL book a next day appointment with my GP or Nurse) **OR**
- I regularly need my rescue inhaler once or more per week **OR**
- If my breathing is stopping me doing sport or other activity **OR**
- My peak flow is **less than 80%** _____

So I need to ...

Keep taking your regular medications,

- Sit quietly and if you are feeling better continue with normal activities.
- If you are not feeling better, you can take up to ____ **extra puffs** of your _____ (Reliever) in 24 hours. **No more than ____ puffs should be taken on a single occasion.**
- If your asthma symptoms are not improving despite the extra reliever doses you should contact your GP / attend A&E
- If you need up to ____ of _____ inhalations (total) in any day, you **must** see your doctor or go to hospital the same day.

I need to see my GP NOW or go to A&E if ...

- I can't talk or walk easily, **OR**
- I am breathing hard and fast, **OR**
- My symptoms are getting worse quickly,
- My extra reliever inhalations are not helping.
- **My peak flow is less than 60%** _____

... Because I am having an asthma attack!

What do I need to do:

CALL 999 STRAIGHT AWAY

Sit upright and stay calm; remember your breathing control exercises.

Take 1 inhalation of _____. If there is no improvement after 1 – 3 minutes take another inhalation of _____ (up to a maximum of ____ inhalations; or a total of ____ puffs in a day)

(Only if you DO NOT have your _____ inhaler with you and salbutamol is available, take 1 puff with a spacer, as often as needed (up to 10 puffs every 15 minutes) until help arrives)