

Plan By:



Other:

Date:

Plan By:



DOB:

Hospital Number:

### 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 everyday 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: **Salbutamol**. And its colour is BLUE.

I can take **1-2 puff/s** of my reliever inhaler.

NAME and STRENGTH

DOSE

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### My VIW 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,

- Take 2 Puffs of your **Salbutamol**, 1 puff at a time.
- After 5-10minutes, if I still have symptoms repeat this until I have had **up to 6 puffs**.

### I should feel much better:

- This should last at least 4-hours.
- I will call my GP to arrange an appointment



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

- My symptoms aren't completely better after 6 Puffs of my rescue inhaler **OR**
- I need my rescue inhaler again in less than 4-Hours **OR**
- **My peak flow is less than 50%** \_\_\_\_\_

### ... Because I am having an attack!

I also need to take up to 10 Puffs of my rescue inhaler, 1 puff at a time.



At any point, they look unusually exhausted, scared, have blue lips or mouth, or they are unable to talk in full sentences.

### What do I need to do:

1. Get help and stay with a grown up!
2. **Call 999 for an ambulance!**
3. Try to keep calm, sit up straight, and don't lie down,
4. Take one puff of your RESCUE/ RELIEVER inhaler via the spacer every 30 to 60 seconds.
5. If the ambulance has not arrived after 10 minutes and your symptoms are not improving, repeat step 2 ...