

# ASTHMA ACTION PLAN

Take me when you visit your doctor



PATIENT NAME

PLAN DATE  REVIEW DATE

DOCTOR DETAILS

**EMERGENCY CONTACT**

NAME  PHONE

RELATIONSHIP

**WELL CONTROLLED** is all of these...

- needing reliever medication no more than 2 days/week
- no asthma at night
- no asthma when I wake up
- can do all my activities

Peak Flow reading (if used) above

**I NEED TO...**

**TAKE** preventer  name  puffs/inhalations  day  night  puffs/inhalations

Use my preventer, even when well controlled  
 Use my spacer with my puffer

**TAKE** reliever  name  puffs/inhalations as needed  puffs/inhalations 15 minutes before exercise

Always carry my reliever medication

**FLARE-UP** is any of these...

- needing reliever medication more than usual OR  days/week
- woke up overnight with asthma
- had asthma when I woke up
- can't do all my activities

Peak Flow reading (if used) between  and

my triggers and symptoms

**I NEED TO...**

**TAKE** preventer  name  puffs/inhalations  day  night  puffs/inhalations

for  days then back to Well Controlled dose

**TAKE** reliever  name  puffs/inhalations as needed

**START** other medication  name  dose  for  days

**MAKE** an appointment to see my doctor **this week**

**SEVERE** is any of these...

- reliever medication not lasting 3 hours
- woke up frequently overnight with asthma
- had asthma when I woke up
- difficulty breathing

Peak Flow reading (if used) between  and

my triggers and symptoms

**I NEED TO...**

**TAKE** preventer  name  puffs/inhalations  day  night  puffs/inhalations

for  days then back to Well Controlled dose

**TAKE** reliever  name  puffs/inhalations as needed

**START** other medication  name  dose  for  days

**MAKE** an appointment to see my doctor **TODAY**

If unable to see my doctor, visit a hospital

**If unable to see my doctor/hospital:**

**START** other medication  name  dose  for  days

**EMERGENCY** is any of these...

- reliever medication not working
- can't speak a full sentence
- extreme difficulty breathing
- feel asthma is out of control
- lips turning blue

Peak Flow reading (if used) below

**I NEED TO...**

1 **CALL AMBULANCE NOW**  
Dial Triple Zero (000)

2 **START ASTHMA FIRST AID**  
Turn page for Asthma First Aid

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If you are using an anti-inflammatory medicine as your reliever, your doctor will discuss the correct plan for you.



# ASTHMA FIRST AID

1



## SIT THE PERSON UPRIGHT

- Be calm and reassuring
- Do not leave them alone

2



## GIVE 4 SEPARATE PUFFS OF BLUE/GREY RELIEVER PUFFER

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer
  - Repeat until 4 puffs have been taken

OR give 2 separate inhalations of Bricanyl (6 years or older)

OR give 1 inhalation of Symbicort Turbuhaler (12 years or older)

OR give 2 puffs of Symbicort Rapihaler through a spacer (12 years or older)

**If no spacer available:** Take 1 puff as you take 1 slow, deep breath and hold breath for as long as comfortable. Repeat until all puffs are given

3



## WAIT 4 MINUTES

- If there is no improvement, give 4 more separate puffs of blue/grey reliever as above

OR give 1 more inhalation of Bricanyl

OR give 1 more inhalation of Symbicort Turbuhaler

OR give 2 puffs of Symbicort Rapihaler through a spacer

## IF THERE IS STILL NO IMPROVEMENT

4



## DIAL TRIPLE ZERO (000)

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives

OR give 1 inhalation of a Bricanyl or Symbicort Turbuhaler every 4 minutes – up to a max of 4 more inhalations of Symbicort Turbuhaler

OR give 2 puffs of Symbicort Rapihaler through a spacer every 4 minutes – up to a max of 8 more puffs of Symbicort Rapihaler

## CALL EMERGENCY ASSISTANCE IMMEDIATELY AND DIAL TRIPLE ZERO (000) IF:

- the person is not breathing
- the person's asthma suddenly becomes worse or is not improving
- the person is having an asthma attack and a reliever is not available
- you are not sure if it is asthma
- **the person is known to have anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid**

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.



Translating and Interpreting Service  
131 450



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[asthma.org.au](http://asthma.org.au)