Asthma Action Plan for



NATIONAL ASTHMA EDUCATION PROGRAMME

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SOUTH AFRICAN THORACIC SOCIETY

ALLSA

- Take your controller medication every day whether you feel well or unwell.
- Visit the Doctor / Asthma Clinic twice a year, even if your asthma is well controlled.
- Take your medication / pumps / spacers with you to every doctor / nurse visit.
- Take this plan to each visit so it can be updated.
- Take the symptom or peak flow diary to each visit.

Doctors Phone No. .....

Hospital Phone No. .....

Date .....

Normal Peak Flow.....

Best Peak Flow.....

Asthma sufferers can:

- Have NO symptoms.
- Have a normal lifestyle, play sport and sleep well.
- Have as few acute attacks as possible.
- Miss little or no school and work.
- Have your best possible peak flow.

What are the three zones?

Green Zone: Your asthma is under control. This is where you want to be most of the time.

Orange Zone - Caution: Your asthma is not under control. The medication may need to be changed. Follow the advice in this plan and keep a symptom and medication diary. Make an appointment to see your doctor or asthma nurse.

Red Zone - Red Alert: Your asthma is critical! Follow the Red Zone Action and see a doctor immediately or go to the closest emergency room.

GREEN ZONE - GO

Asthma is under control when:

- No cough or wheeze
- Can play games and sport normally
- No sleep disturbance
- Using reliever less than 3 times a week

AND

Peak flows are greater than 80%

ACTION: Take normal medicines

1. Controller

Strength.....

Your device is .....

Take ..... puffs

When: ..... everyday

2. Other medicines

Medicine .....

Dose .....

When .....

.....

3. Reliever

Device .....

Take ..... puffs as required

And if necessary take ..... puffs

10-15 minutes before sports and activity.

ORANGE ZONE - CAUTION

Asthma is getting worse if there is:

- Cough, wheeze or tight chest
- Waking at night with asthma symptoms
- Need to use the reliever inhaler more than 3 times a week
- Problems playing or doing sport

OR

Peak flow recordings are between 50% and 80%

ACTION: Take normal medicines AND

Increase the reliever inhaler

to ..... puffs four times a day until you are back in the Green Zone.

Continue to take your controller inhaler as normal to prevent your symptoms.

Other action:

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If there is no improvement make an appointment to see your Doctor or Asthma Nurse. Fill in a symptom and medication diary every day and take it with you to the Doctor or Asthma Nurse.

RED ZONE - ALERT

Asthma is dangerous when:

- Breathing is hard and fast
- Can't talk easily or eat easily
- Severe shortness of breath
- The reliever pump is not helping

OR

Peak flow recordings are below 50%

ACTION: Call an ambulance or go to a doctor NOW, even if symptoms get better!

Take 1 puff of reliever every minute for 10 minutes. Use a spacer if you have one.

Repeat this if there is no improvement as often as you need.

While waiting: Give 1 puff of reliever every minute for 10 minutes using a spacer if you have one.

- Use steroid tablets or syrup. Your dose is .....
- Keep calm
- Sit up to help you breathe
- Loosen clothing