

# Asthma Action Plan



Name / ID label

Completed by: \_\_\_\_\_  
 Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 To be reviewed in 6 months by your local doctor

## When Well

Take PREVENTER medication:  
 Before exercise:

Stop RELIEVER medication after being well for \_\_\_\_ days.  
 Continue PREVENTER

## When unwell - a cold, wheeze, cough (see back of page)

Take RELIEVER (blue puffer) medication:  
 Take \_\_\_\_ puffs of \_\_\_\_\_ with the spacer 3 to 4 times a day.  
 Continue PREVENTER: \_\_\_\_\_

Continue RELIEVER medication \_\_\_\_ puffs 3 to 4 times a day  
 Continue PREVENTER

If worsens - chest tightness, breathing quickly, shortness of breath, increased effort of breathing

Take RELIEVER (blue puffer) medication:  
 Take \_\_\_\_ puffs of \_\_\_\_\_ with the spacer every 3 to 4 hours (6-8 times a day) as necessary.  
 If not improving see your doctor.  
 Take STEROID: \_\_\_\_\_ of \_\_\_\_\_ for \_\_\_\_ days  
 While taking oral steroids use RELIEVER medication at least 3 to 4 times a day

If severe - marked chest tightness, struggling to breathe, difficulty speaking, blue lips

Take 4 puffs of RELIEVER (blue puffer) IMMEDIATELY. Wait for 4 minutes. If no improvement in 4 minutes, take another 4 puffs and go to your DOCTOR or the nearest HOSPITAL. If struggling to breathe, unable to speak or blue lips call an AMBULANCE URGENTLY ON '000' On the way to the doctor or while waiting for an ambulance, continue to give blue puffer - 4 puffs every 4 minutes.

Please bring this plan with you when you visit your doctor or the hospital

# What to look for in an attack of Asthma or When to use reliever (blue puffer)

## Wheeze

You may or may not hear a wheeze. A wheeze sounds like a whistling noise, which is usually heard when the child breathes out.

## Cough

A dry cough may be a sign of an asthma attack.

## Chest tightness or "pain"

An older child may feel chest tightness. Younger children may complain of "chest pain" or "tummy pain".

## Shortness of breath

Feels like it's difficult to breathe.

## Increased effort of breathing

Sucking in between ribs or under ribs or at the base of the throat.

In younger children, stomach moving in and out obviously.

In older children, chest rising and falling fast.

## Struggling to breathe

The child may be gasping for air or exhausted from the effort of breathing.

## Getting Better

- You will know your child is getting better because the signs above will happen less often or go away.
- As your child improves they will need to use their reliever (blue puffer) less often (some children will need their blue puffer before exercise).

## Remember

- When taking oral steroids, use the reliever medication (blue puffer) at least 3 - 4 times a day.
- Not all symptoms listed need to be present in an asthma attack.
- Symptoms can worsen very quickly.

If there is anything you don't understand about this form, please ask your doctor.