

FIG 2. STANDARD ASTHMA ACTION PLAN TAKING A PERSONALISED APPROACH

**1. Understanding when asthma is well controlled**

X knows she is well when she can climb two flights of stairs without difficulty.

Green zone

**When your asthma is well controlled:**

Take \_\_\_ puff(s) of \_\_\_\_\_ preventer inhaler in the morning and \_\_\_ puffs at night. The protective effect only works if you take it every day, even if you feel well.

Take \_\_\_ puff(s) of \_\_\_\_\_ reliever inhaler if wheezing or coughing, if your chest hurts or if it's hard to breathe due to asthma.

**2. Describes different stages of worsening asthma**

X knows she is unwell when she starts coughing and/or climbing the stairs is getting difficult.

She knows she is getting worse when she is "not able to speak properly".

Orange zone

**You know if your asthma is getting out of control if you have:**

**coughing/wheezing/shortness of breath/chest tightness or \_\_\_\_\_**

And/or your peak flow is less than 80% of best/predicted

**What to do if your asthma gets worse (tick all that apply)**

- Increase your preventer inhaler dose to \_\_\_ for \_\_\_ weeks
- Take 40mg or \_\_\_mg of prednisolone (tablets) for \_\_\_ days or until you are fully better
- You can take \_\_\_ puffs of your reliever inhaler every four hours

*If you are not getting any better, see your doctor or asthma nurse within 48 hours*

**3. Recollects previous episodes of deteriorating asthma and is able to track the time**

Previously, it took two to three days from starting to cough/difficulty in climbing stairs to "not being able to speak properly".

Red zone

**What to do if you are having an asthma attack**

*If your reliever isn't helping or you can't walk or talk properly or if your peak flow is \_\_\_ you may be having an asthma attack.*

- Take two puffs of reliever inhaler every two minutes up to 10 puffs until you feel better.
- If you do not feel better, call your doctor or 999 straight away.
- Keep taking your reliever until help arrives.
- This is an emergency. **DO NOT be afraid to call, day or night.**
- If you have rescue steroid tablets, take 40mg all together.

*Even if you feel better after this, see your doctor or asthma nurse for advice within 12 hours*

**4. Understands how and when to titrate asthma medicines**

X will start taking her peak expiratory flow rate when she starts to cough/has difficulty with stairs. At this time she will watch her peak flows very carefully.

If it is 300L/min or below, she will increase her inhaled corticosteroid to whatever dose has been decided and use her reliever inhaler more.

If her peak flow is 240L/min or below she will start taking prednisolone 40mg and contact her GP for an urgent appointment.

**5. Understands when to seek medical advice/emergency help**

X knows to seek medical advice when her peak flow is 240L/min and she is finding the stairs increasingly difficult. She will call 999 when she is "not able to speak properly".