1. Understanding when asthma is well controlled
X knows she is well when she can climb two flights of stairs without difficulty.

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".

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".

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".

- 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.

- You know if your asthma is getting out of control if you have: coughing/wheeze/breathlessness/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

- 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