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| **☺**  | **This is what I need to do to stay on top of my asthma care** |

**My personal best peak flow is \_\_\_**

**My inhaler(s):** Fostair (pink) / Symbicort (red)

I need to take my inhaler every day even when I feel well

I take \_\_\_\_ puff(s) of my inhaler in the morning and \_\_\_\_\_\_ puff(s) at night

I take an extra puff of this inhaler only if I need to (up to maximum of 8 total puffs/24 hours) if any of these symptoms occur

* I’m wheezing
* My chest feels tight
* I’m finding it hard to breathe
* I’m coughing

**My other medicines and devices:**

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| **😐**  | **My asthma is getting worse if I notice any of these** |

With this daily routine, I should expect/aim to have no symptoms. If I have not had any symptoms or needed my reliever inhaler for at least 12 weeks, I can ask my GP or asthma nurse to review my medicines in case they can reduce the dose

**URGENT!** If you need your reliever inhaler more than every four hours, you need to take emergency action now. See section 3.

* My symptoms are coming back (wheeze, tightness in my chest, feeling breathless, and cough).
* I am waking up at night.
* My symptoms are interfering with my usual day-to-day activities (eg at work, exercising).
* I am using my reliever inhaler three times a week or more.
* My peak flow drops to below \_\_\_\_\_\_\_\_

**This is what I can do straight away to get on top of my asthma:**

1. If I haven’t been using my preventer inhaler, I’ll start using it regularly again or:

Increase my preventer inhaler dose to ­­­\_\_\_ puffs \_\_\_\_ times a day until my symptoms have gone and my peak flow is back to my personal best

Take 1 extra puff of my inhaler as needed (up to a maximum of 8 puffs in 24hours)

**If I don’t improve within 48 hours, make an urgent appointment to see my GP or asthma team**

1. If I have been given prednisolone tablets (steroid tablets) to keep at home:

Take 40mg of prednisolone (which is 8 x 5mg tablets) immediately and again every morning for 5 days or until I am fully better

URGENT! Call my GP or asthma team today and let them know I have started taking steroids and make an **appointment to be seen within 24 hours**

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| ! | **I am having an asthma attack if any of these happen:** |

* **My reliever inhaler is not helping or I need it more than every four hours.**
* **I find it difficult to walk or talk.**
* **I find it difficult to breathe.**
* **I’m wheezing a lot, or I have a very tight chest, or I’m coughing a lot**
* **My pea flow is below \_\_\_\_\_\_**

**THIS IS AN EMERGENCY!**

**TAKE ACTION NOW!**

1. **Sit up straight, don’t lie down – try to stay calm**
2. **Take 1 puff of my inhaler, if there is no immediate improvement, continue to take 1 puff every few minutes up to a maximum of 6 puffs.**
3. **CALL 999 if:**
	1. **I feel worse at any point while I’m using my inhaler**
	2. **I don’t feel any better after 10 puffs**
4. **If I feel better, make an urgent same-day appointment with my GP or asthma team to get advice. Then:**
	* **Check if I’ve been given rescue prednisolone tablets. If I have I should take them as prescribed by my doctor or asthma team.**

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| **My asthma triggers:**Taking my asthma medicine each day will help reduce my reaction to these triggers. Avoiding triggers where possible will also help. |
| **My asthma review**I should have at least one routine asthma review every year. I will bring/have to hand:* My action plan to see if it needs updating
* All my inhalers and spacers to check I’m using them in the best way
* Any questions about my asthma and how to cope with it
 |
| **My inhalers**For more information about how to use your inhalers/devices, visit <https://www.rightbreathe.com/> |
| **Out of hours contact number:** 111 |

\*Adams et al: Factors associated with hospital admissions and repeat emergency department visits for adults with asthma; Thorax 2000; 55:566-573

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| **USE IT, DON’T LOSE IT** |

Your written asthma action plan can help you stay on top of your asthma.

To get the most from it, you could:

➊ **Put it somewhere easy to find** – your fridge door, noticeboard or bedside table.

➋ **Keep a photo of it on your mobile phone or tablet** – so you can check it wherever you are. You can also send it to a family member or friend, so they know what to do if your asthma symptoms get worse.

➌ **Check in with it regularly** – put a note on your calendar or a monthly reminder on your phone to read it through. Are you remembering to use your everyday asthma medicines? Do you know what to do if your symptoms get worse?

➍ **Take it to every asthma appointment** – including A&E/consultant. Ask your GP or asthma nurse to update it if their advice for you changes.

**The step-by-step guide that helps you stay on top of your asthma**

***MART asthma action plan***

**FILL THIS IN WITH YOUR GP OR ASTHMA NURSE**

If you use a written asthma plan, you are four times less likely to be admitted to hospital for your asthma.

**[Patient Name]**

**[DOB]**

**Date: [today’s date]**



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