

Asthma action plan

User's instructions

Asthma action plan is a very effective new trend in asthma treatment; the main goals of the asthma action plan are

1. Improve your quality of life (Increase your capability to perform everyday tasks)
2. Decrease your medications intake & side effects
3. Decrease your emergency visits and admissions

Asthma Action Plan depends on classifying your health status according to the severity of the symptoms, peak flow meter reading and taking medication accordingly.
(i.e. It may contain the same medications you used to take in the past but with different timing and doses)

Severity of the symptoms is classified to:

- No or mild symptoms, Readings more than 80 % of your personal best*
 - **Green Zone , Take your daily (prophylactic) medications**
- Episodes of moderate to severe symptoms, Readings between 80% -50% of your personal best *
 - **Yellow Zone , Daily medications + emergency medications**
- Continuous severe symptoms, Readings less than 50% of your personal best *
 - **Red Zone , Emergency medications + ask for a medical help**
- Danger Signs
 - **Emergency medications + Call the ambulance**

* Your personal best is determined by the nurse using the personal best readings chart (depending on your sex, age & height)



How to use the peak flow meter?

1. Make sure that the indicator is on the starting point.
2. Stand up straight.
3. Take a deep breath then blow out as hard and as fast as you can, DON'T put your tongue on or inside the mouth piece.
4. Repeat it 3 times and take the highest reading.

-5064207, 02-50644432 For more information please call the outpatient pharmacy 02-5064206, 0



Asthma Action Plan

Starting / /

My best peak flow is: _____

Patient's Label



GREEN ZONE: Doing Well

Can do your usual activities no cough, wheeze, chest tightness or shortness of breath during the day or night

Peak flow
More than _____
(80% or more of my
best peak flow)

Take These Long-Term-Control Medicines DAILY

Medicine	How Much to Take	When to Take it

YELLOW ZONE: Asthma Is Getting Worse



Cough



Wheeze,
shortness
of breath



Waking at
night due to
asthma



Can do some
but not all of
your usual
activities

Peak Flow
to _____
(50% to 80% of my
best peak flow)

First, add the following quick-relief medicine

- 2 puffs every 20 minutes for up to one hour
- 4 puffs every 20 minutes for up to one hour
- Then, take the following oral steroid**

_____ times a day, for _____ days. (After food)

Second, if your symptoms return to **GREEN ZONE** within 1 hour (use the peak flow meter to check your status)

- Take the quick-relief medicine Every 4 hours for 1 to 2 days
- Double the dose of your inhaled steroid (anti-inflammatory) For (7-10) days.

If your symptoms do not return to Green Zone after 1 hour (use Peak Flow Meter to check your status) Take 2 or 4 puffs from your emergency inhaler every 20 minutes or nebulizer once for _____ hours.

RED ZONE: Medical Alert !



-Symptoms are same or get worse after 24 hours in **Yellow Zone**
-Quick-relief medicines have not helped



-Very short of breath
-Cannot do usual activities

Peak flow
less than _____
(50% of my best peak
flow)

Take This Medicine: (quick-relief medicine)

- 4 puffs
- 6 puffs
- Nebulizer

Then consult your physician as soon as possible.

Go to the hospital if you are still in the red zone after 15 minutes AND you could not reach your doctor.

DANGER SIGNS

- Trouble walking and talking due to shortness of breath
- Lips or fingernails are blue

Take 4 or 6 puffs of your quick-relief medicine AND go to the hospital or call an ambulance

(Phone number _____) NOW!



Asthma control score					
smoking	YES			NO	
Flu vaccination	YES			NO	
Pneumococcal vaccination	YES			NO	