



North East Valley Division
of General Practice

Asthma Management Plan

(modified December 2007)



Date of Plan:

Name:

Maximum Peak Flow

Reading:

Issued by:
Doctors Phone:

1. When You Are Well

Preventer:

Take **Puff(s)** once/twice daily. Rinse your mouth after use.
(must be taken every day, even when you are well).

[Preventer medications are designed to prevent symptoms and to keep your lungs in as good a condition as possible. They are often combined with a "symptom controller" puffer - ie. a long acting reliever (Oxis, Serevent)" OR combined into the one puffer. (Symbicort or Seretide). Symbicort can also be used as a reliever]

Reliever:

(Blue Puffer) Take **1 to 2 puffs** when you have symptoms.

[The amount of reliever medication you need is a guide to how good your asthma control is].

Before Exercise Take: **(Blue Puffer) 2 puffs** (5 to 10 minutes prior)

2. Your Asthma Is Not Under Control

If:

your asthma wakes you at night; or
your peak flow is less than _____
(80% of your best value); or
you are using your reliever medication (Bricanyl or Ventolin) up to 4 times per 24 hours because of symptoms

- You should:**
 - double your daily dose of
(i.e **2 x 1 puffs** twice a day for two weeks)
AND
 - see your doctor within the next 2 days

If:

you need to use your reliever medication more than 4 times a day; or you wake twice or more /night; or
your peak flow is less than _____
(60% of best value);

- You should:**
 - start Prednisolone tablets immediately, (take **50mg** now, continue ___ mg daily for ___days)
AND
 - call your doctor immediately to make an appointment

If:

you need to use your reliever more than 2 hourly;
or you are not getting better even when you use your reliever;
or
your peak flow is below _____
(40% of your best value);

- You should**
 - start Prednisolone tablets immediately (**50mg**)
AND
 - call an ambulance (**000**) or **112** on your mobile and go to hospital, or, contact your doctor immediately.
 - also see Asthma First Aid Plan below

3. Asthma First Aid Plan (from National Asthma Council, Australia)

1. **Sit upright and stay calm**
2. **Take 4 separate puffs of your reliever medication - one at a time**
(best with a spacer & take 4 breaths from the spacer after each puff)
3. **Wait 4 minutes, If no improvement take another 4 puffs as explained above**
4. **If little or no improvement - Call an AMBULANCE (Dial 000 or 112 on mobile phone)**
5. **State you are having an asthma attack**
6. **Continue 4 puffs every 4 minutes until Ambulance arrives**

Nb. You should always see your doctor REGULARLY about your asthma

When to see your Doctor next

PATIENT COPY

- ◆ You should see your doctor **Regularly** about your asthma.
- ◆ Don't just go to the doctor when your asthma is out of control or you have run out of medication.

You will need to see your doctor so you can ask about:

- * your medication, correct use of and possible side effects;
- * your personal Asthma Action Plan and review tests (spirometry);
- * any concerns you have about your asthma management

**Learn about the Triggers that can start your
Asthma Symptoms and Control them**

**Your symptoms will be reduced when you avoid or control your triggers.
Then your asthma will be better controlled.**

◆ Do any of the following trigger your asthma?

- * colds, sore throats or viral upper respiratory tract infections;
- * cold air or weather changes;
- * exercise;
- * aspirin or other medicine;
- * food additives;
- * dust (including house dust) and fumes;
- * moulds;
- * pollens from grasses, trees and weeds;
- * cats, dogs and other animals;
- * emotional stress or laughter;
- * strong odour from paint, perfume or sprays.

**The National Asthma Campaign
6 Step Asthma Management Plan:**

1. Assess severity of your asthma
2. Achieve best possible lung function
3. Maintain best possible lung function - avoid trigger factors
4. Maintain best possible lung function - optimise medication program
5. Make sure you have a written Asthma Action Plan to help you control your asthma
6. See your doctor regularly for review and education about your asthma.