

My Triggers are:

- | | | | |
|------------------|--------------------------|---------------|--------------------------|
| Colds | <input type="checkbox"/> | Pollen | <input type="checkbox"/> |
| Exercise | <input type="checkbox"/> | Pollution | <input type="checkbox"/> |
| Cold weather | <input type="checkbox"/> | Emotion | <input type="checkbox"/> |
| Pet fur/Feathers | <input type="checkbox"/> | Moulds/Spores | <input type="checkbox"/> |
| Dust | <input type="checkbox"/> | Other | <input type="checkbox"/> |
| Cigarette smoke | <input type="checkbox"/> | | |

If I have been in hospital:

- Continue taking reliever inhaler up to 8 doses with a spacer every 4 hours for 24 hours.
- It may not be necessary to continue at night if sleeping comfortably with no symptoms.
- After 48 hours continue to use reliever inhaler at my standard dose until well.

Tips to keep well:

- I always need access to my reliever inhaler.
- If I use more than 1 reliever inhaler a month I should contact my GP/Practice Nurse.
- I need to leave a spare reliever inhaler at nursery/school/college.
- I must remember to take my inhaler with me on any trips away from home.
- I should use the correct inhaler device prescribed for me.
- A spacer is the best way to deliver reliever treatment in an emergency.

Useful information sites

asthma.org.uk nhs.uk
smokefree.nhs.uk allergyuk.org

Other useful numbers

**For Out of Hours GP Service ring
NHS 111**

**Asthma UK Advice line
0800 1216244**

**National Smoking Helpline
0800 0224332**

**BSUH patient advice & liaison service (PALS)
01273 696955 Ext. 4029 or 4588**

If you require this document in a language other than English please inform your interpreter or a member of staff.

إذا كنت تريد هذه الوثيقة بلغة أخرى غير اللغة الإنجليزية، فيرجى إخطار المترجم الفوري المخصص لك أو أحد أفراد طاقم العمل.

ইংরেজি ছাড়া অন্য কোন ভাষায় এই নথি আপনার প্রয়োজন হলে অনুগ্রহ করে আপনার অনুবাদক বা কোন স্টাফকে জানান।

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Jeżeli chcieliby Państwo otrzymać niniejszy dokument w innej wersji językowej, prosimy poinformować o tym tłumacza ustnego lub członka personelu.

Se precisa deste documento noutra língua por favor informe o seu interprete ou um membro do pessoal.

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The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Ref number: 698
Publication Date: June 2015
Review Date: June 2017



Name
Address

[Address label]

the alex

Wheeze/Asthma Action Plan

For non-urgent advice please contact one of the **Respiratory Nurse Specialists** between 9am and 5pm Monday-Friday on **01273 696955**

Jason Lenton Ext. 2518
Carolynn Lorimer Ext. 2541
Cathy Warde Ext. 2519
Edwina Wooler Ext. 3127



Information for relatives and carers

My RELIEVER inhaler is:

(Colour)

(Name)

My inhaler device is:

(Name)

I take doses every 4 hours as needed if I have:

- Wheeze
- Cough
- Shortness of breath
- Chest tightness
- Increased work of breathing

Before any of the following:

My PREVENTER inhaler is:

(Colour)

(Name)

My inhaler device is:

(Name)

I take doses twice a day everyday even when well

(clean teeth/wipe face afterwards)

Other medication:

My best Peak Flow is:

My symptoms are getting worse if:

- I have an increase in wheeze/cough/ chest tightness/shortness of breath
- My chest symptoms are interfering with daily activities
- I am coughing or wheezing regularly at night
- I am having problems when exercising
- I am using my reliever inhaler times per week or more
- My Peak Flow is below 75% of best.

When this happens:

- Make sure I am taking my preventer medication regularly and continue to do so
- Take my reliever inhaler every 4 hours as needed
- If I am prescribed Prednisolone - start the course immediately (notifying my GP/Practice Nurse)



No improvement within 48 hours?

- Make an appointment to see my GP or Practice nurse

It's an **EMERGENCY** if:



- My reliever inhaler is not helping or is not lasting 4 hours
- I am wheezing or coughing alot
- I am finding it difficult to breathe
- I am finding it difficult to walk or talk and becoming lethargic
- Feeding is becoming difficult (Infants and toddlers)
- My breathing is fast and laboured
- My peak flow is below 50% of best.

When this happens:

- Take one dose of my reliever inhaler every 30-60 seconds up to 10 doses maximum.

If I feel **WORSE** while using the inhaler or after 10 doses:

- Call 999
- If the ambulance is taking longer than 15 mins repeat 10 doses of the reliever inhaler.

If I feel **BETTER:**

- Make a same day appointment with GP/Practice Nurse
- Continue using reliever inhaler every 4 hours at my standard dose.