

How do I use this plan?



Your doctor or nurse will agree the most suitable asthma treatment for you and add this information into the Zones of the asthma plan. The plan uses a traffic light system. If your asthma is under control you should normally be in Zone 1 (Green).

If you get any of the asthma symptoms listed in the Amber or Red Zones, follow the Zone's instructions, to put up your medication. If symptoms settle, return to the previous zone and follow the instructions to cut your medicine back down again.

Let your doctor or nurse know if you are in **Zone 1** all of the time, as it may be possible to cut down your medication.

If your asthma symptoms are often in Zone 2 or Zone 3, you need to see your GP or nurse within 48 hours, as your asthma control needs checking.

If you get any symptoms in Zone 3, this is severe asthma and it is important you follow instructions straight away. Even if symptoms settle, you will need a GP or nurse appointment the next working day.

This plan is only a guide and your doctor or nurse may need to change it over time, as your asthma changes. Do not stop your medication without discussing it first with your doctor or nurse.

It is important to bring your Asthma Plan when you see a doctor or nurse about your asthma. There is space for you to write down things about your asthma triggers, symptoms & useful contacts.



Contacts:



GP Practice

Dr

Nurse

Tel:

Hospital Consultant

Dr

Tel Secretary:

Hospital Respiratory Nurse

Nurse

Tel:

Health Visitor/School Nurse

Name:

Tel:

NHS Urgent 24 Hour Helpline

Tel: 111

Medical Emergency

Tel: 999

Asthma Information

Asthma UK Advice Line: 0800 121 62 44

Asthma UK Website: www.asthma.org.uk

NHS Choices website: www.nhs.uk

www.beatasthma.co.uk



Asthma Self-Management Plan for Children and Young People

This belongs to:

Completed by:

On (Date):

Next Appointment due:

My triggers



Emergency Contact (Parent/Carer)

Name:

Tel:

Zone 1



Asthma is under control if:

- Hardly ever any cough or wheeze
- Not woken at night by asthma symptoms
- Preventer inhaler is used every day
- No time off school and not held back by asthma symptoms

The goal of asthma management is to be free from symptoms and lead a normal, active life

Action

1. Take the **Reliever** inhaler if short of breath, coughing or wheezing and before exercise

Reliever Name	
Colour	
How many puffs?	
How often?	

2. Take your asthma **Preventer** medicine every day, through a spacer*

Preventer Name	
Colour	
How many puffs?	
How often?	

Other Asthma Medication Instructions

* If dry powder, cross out "through a spacer"

Have you had a routine asthma review with your GP? You should have at least one each year



Zone 2



Asthma is getting worse if any of the following:

- Cough and wheeze for a few days
- Waking at night with asthma symptoms
- Reliever inhaler used more than once a day - in the day time or at night
- Time off school, or activities held back by asthma

And/or:

Action

1. Using a spacer, increase your daily **Reliever**, following instructions below

Reliever Name	
Colour	
How many puffs?	
How often?	

2. Using the spacer*, take the **Preventer** inhaler regularly, following instructions below (same as Zone 1)

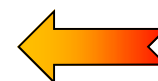
Preventer Name	
Colour	
How many puffs?	
How often?	

Other Asthma Medication Instructions

* If dry powder, cross out "Using the spacer"

Contact GP/Respiratory Nurse for appointment within 48 hours (delete as appropriate)

When asthma symptoms improve go back to **Zone 1**



Zone 3

Asthma is severe if any of the following:

- Constant cough and wheeze
- Increasingly breathless - unable to talk or drink
- Can't sleep due to asthma symptoms
- Reliever inhaler used every 4 hours, or more often
- Unable to run or play, or unusually quiet
- Lips and/or fingertips blue

And/or:

Action - Acting Early Saves Lives

1. Using the spacer, take the **Reliever** inhaler, following instructions below

Reliever Name	Salbutamol
Colour	Blue

- Give 10 puffs, one puff at a time, through spacer - count 10 breaths between each puff
- Encourage child to sit down and take slow, steady breaths. Stay calm and reassure them

If child is no better, if you are in doubt, or symptoms come back within 3 hours, dial 999. Continue to give 1 puff of **Reliever** every minute, until help arrives

If symptoms return within 4 hours give another 10 puffs of **Reliever**, as above, and contact:

Day:
Tel:

Night:
Tel:

...for an urgent medical assessment in the next 2 hours

If symptoms settle, contact GP or nurse, as soon as possible, to book an appointment the next working day. A course of steroid tablets may be needed

2. Using the spacer, continue to take the **Preventer** regularly following the instructions in **Zone 2**

When asthma symptoms improve go back to **Zone 2**