

Asthma Management Plan - Level 1

Name:.....

Asthma

Asthma is a long term variable condition that affects the airways. Although we don't know what causes asthma it does have a tendency to run in families, especially when there is also a history of allergies and/or smoking. People with asthma already have sensitive and inflamed airways that are ready to react when they come into contact with something that irritates them, a **trigger**.

In response the airways become:

- Inflamed – as the lining of the airways start to swell.
- Narrower and twitchy – as the muscles around the airway walls tighten.
- Sticky phlegm can also sometimes build up, which can narrow the airways further.

Symptoms

The most common symptoms are:

- Coughing
- Wheeze
- Breathlessness
- Chest tightness

Asthma Triggers

An asthma trigger is anything that can cause asthma symptoms to occur. It is important to know what your asthma triggers are and how to manage them as some are avoidable such as pets and cigarette smoke but others are impossible to completely avoid like pollen, cold and pollution.

However there are steps you can take to cut the risk of asthma triggers causing asthma symptoms or an asthma attack. The best way to do this is by taking your preventer inhaler everyday as prescribed, this will reduce the chance of a reaction if you come into contact with any triggers. You should also follow your personal asthma action plan and have a routine asthma follow up at least once a year.

Aspirin, beta blockers and non-steroidal anti-inflammatories should also be avoided as these can make your asthma worse and cause asthma attacks.

My asthma triggers are:

Inhalers

Preventers: A preventer is a steroid inhaler which, when used daily, reduces the inflammation and sensitivity in the airways.

Relievers: A reliever is a short acting inhaler (usually blue) that is taken immediately to relieve asthma symptoms by relaxing tightened airways.

Long acting relievers: Long-acting relievers work in a similar way to reliever inhalers but the effects last longer. Long-acting relievers should only be used if a preventer inhaler is also prescribed and should be combined into a single inhaler.

My Daily Asthma Treatment

My preventer/combined inhaler is (name/colour and dose):.....

I take..... in the morning

..... in the evening, **everyday, even when I feel well.**

Other medications I take for my asthma:

.....

With this daily routine I should expect to have no asthma symptoms

My reliever inhaler is (name/colour and dose):.....

I take.....only if I get asthma symptoms.

If I am regularly using my reliever inhaler three times a week or more this is a sign that my asthma is not well managed. I should see my GP/nurse for a review of my asthma control.

Signs of Worsening Asthma

- My asthma symptoms are coming back
- I am waking at night/early morning due to my asthma symptoms
- My asthma symptoms are interfering with my usual day to day activities
- I am needing more of my reliever inhaler
- My peak flows readings are dropping

What to do if I get worse

- Take my inhalers as prescribed, if I have forgotten recently, restart immediately
- Increase my reliever inhaler 2 to 5 puffs every 4 hours as required
- Monitor my peak flows
- If no improvement in 24-48 hours seek review with GP/nurse

Emergency Treatment

If I have a bad attack that is not relieved by my inhalers, **particularly if my symptoms are getting worse and/or I am too breathless to speak in sentences:**

- Take 2 puffs of Salbutamol/reliever inhaler through my spacer every 2 minutes. (I can take up to 10 puffs)
- If there is no improvement in my symptoms call 999, and repeat step 1 after 15 minutes until help arrives.
- Even if my symptoms improve I should see my GP immediately after a serious attack.