

## Asthma Management Plan – FOSTAIR MART

Name:.....

### Asthma

Asthma is a long term variable condition that affects the airways. Although we don't know what causes asthma it has 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 triggers are: .....

### Fostair maintenance and reliever therapy (MART)

Fostair is a combined inhaler containing a steroid (a preventer) which reduces underlying inflammation and sensitivity in the airways and a long acting reliever which relaxes tightened airways. The long acting reliever also has a fast acting reliever component and can therefore be used for both regular daily maintenance treatment and for the relief of asthma symptoms. A separate reliever inhaler is therefore not necessary.

## My Daily Maintenance Asthma Treatment

My Fostair inhaler dose is:.....

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 Treatment is:

I take 1 additional inhalation of my Fostair as needed for relief of my asthma symptoms

## 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 additional doses of my Fostair on a regular basis (**using an 3 times a week or more**)
- My peak flows readings are dropping

## Asthma Action Plan

My best peak flow is:

Symptoms are:	(and/or) Peak flow is:	Action is:
Getting a cold, symptoms during day and/or night.	<80%.....	Take my Fostair inhaler as per plan. See GP/nurse within 24 hours if I get worse at any time or if I haven't improved after 7 days.
My symptoms are getting worse, I am out of breath and needing to take regular additional doses of my Fostair every 4 hours. <b>I can take up to 6 additional doses per day.</b>	<60%.....	Take your Fostair inhaler as needed as per plan. Seek urgent same day review with GP/nurse regarding commencing oral steroids.
<b>If I need more than 8 inhalations in any single day I must seek urgent medical review.</b>		
Too breathless to walk/talk your Fostair inhaler does not help - <b>I feel no benefit within 5 minutes of taking it.</b>	<40%.....	I'm having an asthma attack, this needs emergency action.

## Emergency Treatment

- **Take 1 inhalation of Fostair, wait 1-3 minutes and if there is no improvement in symptoms take another inhalation. I can take up to a maximum of 6 inhalations on any single occasion.**
- If there is no improvement in my symptoms I should seek medical advice immediately by calling my GP or an ambulance or go directly to hospital.
- Even If my symptoms improve and I do not need emergency treatment I should still see my GP/nurse for a same day review.