

Asthma Management Plan - Level 1

Name

Asthma

Asthma is a long term variable condition that affects the airways. It has a tendency to run in families, especially when there is a history of allergies and/or smoking. People with asthma already have sensitive airways that are inflamed and ready to react when they come into contact with something that irritates them, a **“trigger”**.

The airways become:

- More inflamed – as the lining of the airways start to swell
- Narrower – as the muscles around the airway walls tighten
- Sticky mucous or phlegm can sometimes build up, which can narrow the airways even further
- These reactions make it difficult to breathe and lead to asthma symptoms.

Asthma Symptoms

- Cough
- Wheeze
- Breathlessness
- Chest tightness

Asthma Triggers

- It is important to know what your triggers are to then manage / reduce them
- Triggers can include; colds, viruses, pets, cold weather, cigarette smoke and pollen
- Aspirin, beta-blockers and non-steroidal anti-inflammatories should be avoided – these can make your asthma worse and cause asthma attacks.
- By taking your **PREVENTER** inhaler daily as prescribed; **even without symptoms** you will reduce the risk of your triggers causing symptoms or an attack; meaning you are more in control.

You should follow your personal asthma action plan and have a routine asthma follow up at least once a year alongside your annual vaccinations

My asthma triggers are:

Inhalers

Preventers	This is a steroid inhaler, which is the most effective type of “preventative” treatment you can take for your asthma to keep you well. When used daily, it reduces inflammation and sensitivity within the airways. The benefits build up over time, so it is important not to forget any of your regular daily doses.
Relievers	Your reliever inhaler (usually blue), is a short acting treatment that is used immediately as needed to relieve asthma symptoms. It works by relaxing the muscles in your airways.
Long-acting relievers	These work in a similar way to reliever inhalers but the effects last longer. They should only be used if a preventer inhaler is also prescribed and then given as a combination inhaler, in the same device as your daily preventer medicine.

My daily asthma routine			
	Name / colour	Dose	When do I take it
Preventer/ Combination inhaler			Every day even when I feel well In the morning & at night
With this daily routine I should expect/aim to have no asthma symptoms, activity restrictions or acute attacks			
Reliever	Usually blue in colour I should always carry my reliever inhaler with me, so I can deal with unexpected symptoms quickly.		1 -2 doses only when I get asthma symptoms.
Other asthma medication			

When I feel worse:		
<ul style="list-style-type: none"> My symptoms are coming back (wheeze, chest tightness, breathlessness, cough) I am waking at night I am using my reliever 3 or more times a week 	→	<ul style="list-style-type: none"> Ensure that I am taking my preventer/combination inhaler regularly. Take my reliever inhaler as needed up to 2 to 5 puffs every 4 hours. <p>See GP/nurse within 24 hours if I get worse at any time or if I haven't improved after 7 days.</p>
<ul style="list-style-type: none"> My symptoms are getting worse I am out of breath I am needing to use my reliever inhaler regularly / every 4 hours 	→	<ul style="list-style-type: none"> Seek same day review with GP/nurse to start rescue steroid tablets. Advice as above regarding preventer/combination and reliever medication. <p>See GP/nurse within 24 hours if I get worse at any time or if I haven't improved near to completion of my rescue steroids.</p>
In an asthma attack		
<ul style="list-style-type: none"> My reliever inhaler is not helping or I need it more than every 4 hours I am finding it difficult to breathe I am too breathless to walk/talk 	→	<p>I am having an asthma attack - this needs emergency action now and I need to seek urgent medical advice and/or review.</p>

Emergency Action and Treatment
<p>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 walk or speak in sentences I should:</p> <ul style="list-style-type: none"> Keep calm and sit up straight Take 1 puff of my reliever inhaler through my spacer every 30-60 seconds, up to 10 puffs in total. If I feel worse at any point or there is no improvement after 10 puffs - call 999 for an ambulance and repeat step 1 after 15 minutes, whilst waiting for help to arrive. If I have been able to safely manage my asthma attack at home, I still need to see my GP/nurse today or seek an appropriate medical review after needing emergency treatment.

ASTHMA UK WEBSITE : <https://www.asthma.org.uk>