

# Asthma Management plan

## Symbicort Maintenance and Reliever Therapy - SMART

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 also 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

<b>Preventers</b>	This is a steroid inhaler, which is the most effective type of “ <b>preventative</b> ” 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.
<b>Relievers</b>	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.
<b>Long-acting relievers</b>	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.
<b>Symbicort SMART</b>	<p><b>This is a combination inhaler containing formoterol as its long acting reliever medication, which can also be used as your emergency, short acting reliever treatment.</b></p> <p><b>You can therefore use your SMART inhaler when your symptoms come on; and daily as prescribed as your preventer treatment.</b></p> <p><b>This also means that you probably won’t need a separate reliever inhaler.</b></p>

## My daily asthma SMART routine using – SYMBICORT 200/6

**For daily maintenance therapy,  
Take your inhaler:**

- **1** inhalation in the morning
- **1** inhalation in the evening

**For reliever therapy, take:**

- **1** inhalation if you are having asthma symptoms but no more than **6** on any single occasion



- If you regularly need more than **8** inhalations in the same day, including your maintenance, see your doctor as soon as possible
- You should take no more than **12** inhalations during any single day

**You should take your maintenance doses every day even when you feel well.**

**With this daily routine you should expect / aim to have no symptoms, activity restriction or attacks and your peak flow should be above 80% of your best.**

## Other asthma medications

### My Asthma Action plan

My personal best peak flow is :

My Asthma is getting worse if:	My Peak flow is	Action you need to take
<ul style="list-style-type: none"> <li>• <b>I am needing my Symbicort reliever inhalations 3 times a week or more</b></li> <li>• My symptoms are coming back</li> <li>• I am waking in the night</li> <li>• My symptoms are interfering with my usual activities (at work, exercising)</li> </ul>	<80% .....	<ul style="list-style-type: none"> <li>• Ensure / continue to use my Symbicort every day as prescribed PLUS 1 additional inhalation as needed to relieve symptoms.</li> </ul> <p><b>See GP/nurse within 24 hours if I get worse at any time or if I haven't improved after 7 days.</b></p>
<ul style="list-style-type: none"> <li>• <b>I am needing more than 8 Symbicort inhalations a day in total</b></li> </ul> <p><b>AND/OR</b></p> <ul style="list-style-type: none"> <li>• My symptoms are getting worse and I am out of breath</li> </ul>	60% .....	<ul style="list-style-type: none"> <li>• Seek same day review with GP/nurse to start rescue steroid tablets.</li> <li>• Advice as above</li> </ul> <p><b>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.</b></p>
<ul style="list-style-type: none"> <li>• <b>I need more than 12 Symbicort inhalations in a single day</b></li> </ul> <p><b>AND/OR</b></p> <ul style="list-style-type: none"> <li>• I am finding it difficult to breathe</li> <li>• I am too breathless to walk/talk in sentences</li> </ul>	<50% .....	<p><b>I am having an asthma attack - this needs emergency action now. I should seek medical advice immediately by calling my GP, or an ambulance.</b></p>

## Emergency Action and Treatment

If my symptoms are getting worse quickly and my Symbicort reliever inhalations are NOT relieving my symptoms - **I do not feel better within 5 minutes of taking it, I should:**

- Keep calm and sit up straight
- **Take 1 inhalation of my Symbicort and wait 1-3 minutes. If there is no improvement in symptoms take another inhalation. I can take up to a maximum of 6 inhalations on any one occasion.**
- If there is no improvement in my symptoms I should call 999 for an ambulance.
- If my symptoms improve and 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>**