

EMERGENCY



- You have severe breathlessness; or
- You are finding it hard to speak; or
- You are faint or are feeling frightened
- Your reliever (**usually blue**) does not help

What should you do?

1. Take your reliever (**usually blue**) inhaler
2. Sit up and loosen tight clothing
3. If no immediate improvement, continue to take one puff of reliever inhaler every minute for five minutes or until symptoms improve.
4. If your symptoms do not improve in five minutes – or if you are in doubt – seek **urgent medical advice** or call **999**.

Useful Contacts

Surgery



My Asthma Nurse/Doctor



Dudley Respiratory Group www.dudleyrespiratorygroup.org.uk

Asthma UK asthma.org.uk

Dudley Stop Smoking Service **0800 0850 652**
www.dudleystopsmoking.co.uk

My next Asthma review is due:

If your GP Surgery is closed, contact:

ASTHMA ACTION PLAN

NAME

About your Asthma Plan

This plan has been given to you by your doctor or nurse and will explain the different medicines that you should take to control your asthma. It will help you recognise when your asthma is getting worse & what you should do about it.

Asthma symptoms can change from day-to-day, your doctor or nurse may need to change your plan. You should have your asthma reviewed at least once a year.

Do not stop taking your asthma medication without talking to your doctor or asthma nurse first. By taking steps early, severe asthma attacks can usually be prevented.

What is Asthma

Asthma is a condition that causes the airways in the lungs to become swollen & inflamed. The inflammation causes the lining of the airways to contract & more mucus to be produced, making it harder to breathe.

Asthma will worsen if you come in to contact with asthma 'triggers', which irritate the airways. You may have more than one trigger and the effect may be immediate or delayed. Some common triggers include:

- **Colds & viruses**
- **Smoking** (even passive smoking)
- **Allergies** (caused by dust, dust mites, pets, pollen & some foods)
- **Exercise** (i.e. running in cold air)
- **Air pollution**
- **Medicines** (e.g. some people with asthma are sensitive to aspirin)

YOUR ASTHMA TREATMENT

STEP
.....

Your asthma is under control if.....

- You have **NO** asthma symptoms (wheeze, tight chest, breathlessness or a cough)
- You don't wake at night with asthma symptoms
- You can continue with all your normal activities
- You use a reliever **less than 3 times per week**

Your Inhalers

Reliever (**usually blue**)

..... puffs as needed

Preventer (Regular Medication)

..... puffs every morning & night

Other Asthma Treatments

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CAUTION - YOUR ASTHMA IS GETTING WORSE IF:

You have one or more of the following symptoms:

- You are waking at night with asthma symptoms;
- You are very breathless or wheezy;
- Exercise or daily activities are becoming difficult because of asthma symptoms;
- You are using more reliever than usual;
- Your reliever lasts a much shorter time

What should you do?

- Continue with your preventer (regular medication)
- Take your reliever inhaler as required (up to a maximum of 10 puffs every 4 hours)
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- If you have been prescribed steroid tablets (Prednisolone) begin as follows

PREDNISOLONE mg for days

IMPORTANT

- If you are not improving within an hour of taking your reliever or your symptoms worsen, move to 'Emergency' zone
- If you need to take more than 12 puffs of reliever in 24 hours, see your doctor/nurse **today**; or
- If you do not have any Prednisolone, contact your doctor/nurse **today**
- If you are no better after 1-2 days of commencing Prednisolone contact your doctor/nurse
- If you have taken a course of Prednisolone see your doctor/nurse
- Do not ignore worsening asthma
- Book an appointment even if you feel better