ADULT ASTHMA ACTION PLAN

BREATHE
the lung association

Ontario

Name: _____   Date: _____

Adult Asthma Action Plan (16 years and older)

Emergency contact name:_____   Phone:_____

Physician name:_____   Phone:_____

Personal Best Peak Flow_____ L/min

The goal of asthma treatment is to live a healthy, active life.
Remember that it is very important to remain on your maintenance medication, even if you are having no symptoms of asthma.

Go: Maintain Therapy	Caution: Step Up Therapy	Stop: Get Help Now
Description *You have **all** of the following:*	**Description** *You have **any** of the following:*	**Description** *You have **any** of the following:*
Use your reliever no more than 3 times per week	Use your reliever more than 3 times per week	Reliever lasts 2-3 hours or less
Cough, wheezing, shortness of breath or chest tightening no more than 3 days per week	Have daytime cough, wheezing, shortness of breath or chest tightening more than 3 days per week	Continuous asthma symptoms
Can do normal physical activities and sports without difficulty	Physical activity is limited	Continuous cough
Night asthma symptoms less than 1 night per week	Asthma symptoms at night or in early AM 1 or more nights per week	Wheezing all the time
No missed regular activities or school or work		Severe shortness of breath
		Sudden and severe attack of asthma
Peak Flow: >80% personal best, or > _____	Peak Flow: 60-80% personal best, or _____ to _____	Peak Flow: <60% personal best, or < _____
Other:	Other:	Other:

Go: Maintain Therapy

Instructions:

Medication	Puffer colour	Dose	Puffs	Times per day
Controller				
Reliever				

Other:

Caution: Step Up Therapy

Instructions:

☐ Increase _____ controller (_____) to:
(colour) _(medication)_
____ puffs ____ times per day for ____ days

☐ Add _____ controller (_____):
(colour) _(medication)_
____ puffs ____ times per day for ____ days

☐ Take _____ reliever (_____) 1 to 2
(colour) _(medication)_
puffs every 4 to 6 hours as needed

☐ If no improvement in your symptoms and/or peak flows in 2-3 days or your reliever only lasts for 2-3 hours, go to red zone

Other:

Stop: Get Help Now

Instructions:

Take _____ reliever (_____) ____ puffs
(colour) _(medication)_
every 10-30 minutes as needed

Asthma symptoms can get worse quickly. When in doubt, seek medical help.

Asthma can be a life-threatening illness. Do not wait!

If you cannot contact your doctor: call 911 for an ambulance, or go directly to the Emergency Department!

Bring this asthma action plan with you to the emergency room or hospital

Stay calm

Other:

Allergies may be triggering your asthma - avoid the things that you are allergic to and have allergy skin testing if you are unsure.

Controller: has a lasting effect, treats inflammation, prevents asthma attacks, may take time to act
Reliever: rapidly relieves symptoms of cough, wheeze, lasts 4 hours

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GETTING THE MOST OUT OF THE VISIT WITH YOUR HEALTH-CARE PROVIDER

Successful management of your asthma will involve a team approach. It is important to work with your health-care providers and tell them how things are going.

1   Before your next appointment make sure that you write down your concerns or questions.

2   At your appointment discuss the following areas:

   • What is your level of physical activity? Is it less than you would like because of asthma symptoms?

   • How frequently are you using your reliever inhaler? Is this your usual pattern or are you generally using more or less medication?

   • How frequently are you experiencing asthma symptoms?

   • Do you wake up at night because of asthma symptoms?

   • What are your asthma triggers?

3   Take notes of what was said for future reference.

4   Bring your asthma medications to your appointment and ask to have your inhaler technique checked.

5   Ask if you don't understand something that was said. It is important to repeat what you think was said and what you are supposed to do.

If you have any questions call The Lung Association **Lung Health Information Line** at **1-888-344-LUNG (5864),** email **info@lungontario.ca** or visit **lungontario.ca.**

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