

Your MART asthma action plan



Fill this in with your doctor, nurse or other healthcare professional.

Name and date:

How to use this plan

- 1. Put it somewhere easy to find** like your fridge door, noticeboard, or bedside table.
- 2. Keep it on your mobile phone or tablet** so you can check it wherever you are.
- 3. Share it with family, friends, or anyone you live with** so they know how to help you if you're unwell.
- 4. Take it to every asthma appointment.**
Ask your doctor, nurse, or healthcare professional to update your plan if their advice for you changes.

Get more advice + support from Asthma + Lung UK

Speak to a respiratory nurse specialist about managing your asthma: **0300 222 5800 (Mon-Fri, 9am-5pm)**

Message our respiratory nurse specialists on WhatsApp: **07378 606 728**

Find out more on our website: **AsthmaAndLung.org.uk**

Join one of our online or in-person support groups: **AsthmaAndLung.org.uk/groups-support**

Follow us on Facebook, Twitter and Instagram for news and tips about your asthma.



Watch our inhaler videos to learn how to use your MART inhaler: **AsthmaAndLung.org.uk/inhaler-videos**

Asthma questions

Ask our respiratory nurse specialists Call **0300 222 5800**
WhatsApp **07378 606 728**
(Monday-Friday, 9am-5pm)

My asthma triggers

Taking my asthma medicines every day means I'm less likely to react to these triggers. Avoiding them if I can may also help.

My triggers and what I do to manage them

For example: Hay fever - I take antihistamines; pollution - I avoid busy roads

My asthma review

I should have at least one routine asthma review every year. I will bring:

- My MART asthma action plan to see if it needs updating
- Any inhalers and spacers I have to check I'm using them correctly
- Any other medicines I take for my asthma
- My peak flow meter if I use one
- Any questions about my asthma.

Next asthma review date:

GP/nurse/healthcare professional contact details

Name:

Phone number:

Out-of-hours contact number (ask your GP surgery who to call when they are closed)

Name:

Phone number:

1. Every day asthma care:

With this daily routine:

- I should have few or no asthma symptoms during the day and none at night (wheeze, tight chest, feeling breathless, cough).
- I should be able to do everything I normally do in my day-to-day life (working, being active, socialising).
- My personal best peak flow score is:
Date taken

My Maintenance and Reliever Therapy (MART) inhaler is called (insert name):
.....

I need to take my MART inhaler every day even when I feel well.

I take puff(s) in the morning
and puff(s) at night.

I use my MART inhaler as my reliever inhaler if I get asthma symptoms.

I take one puff of my MART inhaler if:

- I'm wheezing
- My chest feels tight
- I'm finding it hard to breathe
- I'm coughing.

I can take up to a **maximum** of puffs a day (including my morning and night puffs).

Other medicines and devices (for example, spacer, peak flow meter) I use for my asthma every day:
.....

2. When I feel worse:

My asthma is getting worse if I'm experiencing any of these:

- My symptoms are getting worse (wheeze, tight chest, feeling breathless, cough).
- My symptoms are waking me up at night.
- My symptoms are affecting my day-to-day life (working, being active, socialising).
- My peak flow score drops to below:

If my asthma gets worse:

I can continue to take **one** puff of my MART inhaler as needed to deal with my asthma symptoms, up to a **maximum** of puffs a day (including my morning and night puffs).



URGENT! Contact your doctor, nurse or other healthcare professional if:

- You need to use the **maximum** daily dose of your MART inhaler and your symptoms are not improving **or**
- You're regularly using extra doses of your MART inhaler most days for weeks (as advised by your healthcare professional) **or**
- You're worried about your asthma.

Other advice from my doctor, asthma nurse or healthcare professional about what to do if my asthma is worse:

3. When I have an asthma attack:

I'm having an asthma attack if I'm experiencing any of these:

- My MART inhaler is not helping.
- I find it difficult to walk or talk.
- I find it difficult to breathe.
- I'm wheezing a lot, or I have a very tight chest, or I'm coughing a lot.
- My peak flow score is below:

What to do in an asthma attack

1. Sit up straight – try to keep calm.
2. Take one puff of your MART inhaler **every 1 to 3 minutes up to six puffs.**
3. If you feel worse at any point **or** you don't feel better after six puffs **call 999 for an ambulance.**
4. If the ambulance has not arrived after 10 minutes and your symptoms are not improving, **repeat step 2.**
5. If your symptoms are no better after repeating step 2, and the ambulance has still not arrived, **contact 999 again immediately.**

After an asthma attack

Follow this advice to make sure you recover well and to prevent further asthma attacks:

- If you dealt with your asthma attack at home, see your doctor or nurse today.
- If you were treated in hospital, see your doctor or nurse within 48 hours of being discharged.
- Finish any medicines they prescribe you, even if you start to feel better.
- If you don't improve after treatment, see your doctor, nurse or other healthcare professional urgently.

If you don't have your MART inhaler with you and need to use a blue reliever inhaler, take one dose every 30–60 seconds up to a maximum of 10 puffs and call 999 for an ambulance.