

MY ASTHMA MEDICINE

My daily controller medication

My controller inhaler is	Colour
<input type="text"/>	<input type="text"/>

My other controller medication is	Colour
<input type="text"/>	<input type="text"/>

My nasal treatment is
<input type="text"/>

My allergy treatment is
<input type="text"/>

Why do I need controller medication?

My controller medication benefits my lungs by reducing inflammation, swelling and mucus.

I need to take my controller every day even when I am well.

My reliever medications

My reliever inhaler is	Colour
<input type="text"/>	<input type="text"/>

Why do I need reliever medication?

- ➔ My reliever works quickly to make breathing easier by opening up my airway.
- ➔ I will always carry my reliever inhaler with me.

My personal best peak flow (if over 6 years of age) is
<input type="text"/>

My asthma triggers are:

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

MAKE YOUR ASTHMA ACTION PLAN WORK FOR YOU

- ➔ Put your Asthma Action Plan where you and your family can easily find it.
- ➔ Save a photo of your Asthma Action Plan on your phone or keep a copy in your bag or car.
- ➔ Share a copy of your Asthma Action Plan with family members, friends and care-givers.
- ➔ Check your Asthma Action Plan regularly.
- ➔ Always bring your Asthma Action Plan with you to healthcare appointments and Emergency Department visits.

Remember to attend for an asthma review at least once a year and have your inhaler technique checked.

YOU CAN HELP YOUR ASTHMA BY:

- ➔ Staying active and taking exercise for at least 20 minutes each day
- ➔ Maintaining a healthy weight
- ➔ Quitting smoking and avoiding smoky environments. For help to quit smoking call the QUITline on 1800 201 203 or visit www.quit.ie



hse.ie/eng/health/hl/living/asthma

Call our **FREE ADVICELINE** to arrange an asthma nurse appointment or message our nurse on **WHATSAPP**

ASTHMA ADVICELINE

1800 44 54 64

BEATING BREATHLESSNESS WHATSAPP

086 059 0132



asthma.ie

Adviceline & Beating Breathlessness are not emergency services. Call 112 or 999 in an emergency.



MY ASTHMA ACTION PLAN

Date
<input type="text"/>

Name
<input type="text"/>

Next of kin
<input type="text"/>

Next of kin's contact number
<input type="text"/>

Emergency contact number
<input type="text"/>

(for example GP or out-of-hours Doctor)

An Asthma Action Plan is your personal guide to manage your asthma when it gets out of control.

It will help you to recognise asthma symptoms:

COUGH WHEEZE CHEST TIGHTNESS

SHORTNESS OF BREATH

And provide you with information on what action to take.

This Asthma Action Plan is yours, so use it, don't lose it!

asthma.ie

GREEN ZONE



Everyday asthma care

ASSESSMENT

My asthma is controlled:

- ➔ I have no cough, wheeze, shortness of breath or chest tightness
- ➔ I can exercise without asthma symptoms
- ➔ My asthma symptoms do not wake me at night
- ➔ I do not need to take days off school, college or work
- ➔ I use my reliever inhaler twice a week or less (over the age of 6 years)
- ➔ I use my reliever inhaler once a week or less (under the age 6 years)

My peak flow is between and
(80 – 100%) of my personal best

ACTION

Controller inhaler

When my asthma is controlled I take my controller medication everyday.

Name		Colour	
-------------	--	---------------	--

Number of puffs in the morning		Number of puffs at night	
---------------------------------------	--	---------------------------------	--

I always rinse my mouth after I take my controller inhaler.

Reliever inhaler

I take my reliever inhaler if I wheeze, cough, have chest tightness or I am finding it difficult to breathe.

Name		Colour	
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Number of puffs	
------------------------	--

- ➔ I should always carry my reliever inhaler.
- ➔ I take two puffs of my reliever inhaler before exercise if needed.

When I am well, I also take my other medication.

I always use a spacer with my inhaler if I have one

ORANGE ZONE



When I am feeling unwell

ASSESSMENT

- ➔ My asthma symptoms include one or all of the following: cough, wheeze, shortness of breath or chest tightness
- ➔ I have symptoms with exercise
- ➔ My asthma symptoms wake me at night
- ➔ I need to take days off school, college or work due to asthma symptoms
- ➔ I am taking my reliever inhaler more than twice a week (over the age of 6 years)
- ➔ I am taking my reliever inhaler more than once a week (under the age of 6 years)
- ➔ My peak flow is dropping
- ➔ I feel like I have a cold or flu

ACTION

Controller inhaler

When I am feeling unwell I take my medication like this.

Name		Colour	
-------------	--	---------------	--

Number of puffs in the morning		Number of puffs at night	
---------------------------------------	--	---------------------------------	--

Reliever inhaler

Name		Colour	
-------------	--	---------------	--

Number of puffs	
------------------------	--

- ➔ If I am not improving and I have been prescribed Prednisolone tablets (steroid tablets) to keep at home, I should start taking them. **Yes** / **No**
- ➔ If I continue to feel unwell and I am not improving, or I am concerned, I contact the GP/ Nurse/ out-of-hours Doctor/Emergency Department.

I always use a spacer with my inhaler if I have one

RED ZONE



When I am having an asthma attack

ASSESSMENT

- ➔ My asthma symptoms are getting worse and I have increased: cough, wheeze, shortness of breath or chest tightness
- ➔ My reliever inhaler gives little or no relief
- ➔ I find it difficult to talk or walk
- ➔ I find it difficult to breathe
- ➔ I have blue lips or fingernails
- ➔ My peak flow is dropping further
- ➔ The attack came on suddenly
- ➔ I am breathing fast and using my tummy and neck muscles

ACTION

THIS IS AN EMERGENCY – ACT NOW

Follow the 5 steps below. If you are worried or not improving at any stage, CALL 999/112

1. Stay calm. Sit up straight – do not lie down.
2. Take slow steady breaths.
3. Take one puff of your reliever inhaler (blue) every minute. Use a spacer if available.
 - ➔ People **over 6 years** can take up to **10 puffs** in 10 minutes
 - ➔ Children **under 6 years** can take up to **6 puffs** in 10 minutes
4. **Call 112 or 999** if your symptoms do not improve after 10 minutes
5. Repeat **step 3** if an ambulance has not arrived in 10 minutes

It is safe to take additional puffs of your blue inhaler during an acute asthma attack.

I always use a spacer with my inhaler if I have one