

How to recognise if your asthma is getting worse:

- Have you had difficulty sleeping because of your asthma symptoms (including coughing)?
- Have you had asthma symptoms during the day (coughing, wheezing, chest tightness or breathlessness)?
- Has your asthma interfered with your usual activities (e.g. housework, work or school)?

If you have answered “yes” to one or more of the above, arrange an asthma review with your GP or practice nurse. Take this plan to each visit so it can be updated. Take your symptom or peak flow diary to each visit.

Even if your asthma is well controlled, it is important that you attend your annual asthma review.

This is a vital opportunity to have your medicines reviewed and your device checked.

Did you know that 75 per cent of asthma admissions to hospital could have been avoided with better self management?

The best way to manage your asthma is by taking your medication as prescribed and discussing the best way to prevent your asthma symptoms and a potential asthma attack with a health professional.

Do not stop taking your asthma medicines without talking to your GP or nurse first.

For further information contact:

- **Asthma UK**
www.asthma.org.uk
0300 222 5800 (helpline)
Monday - Friday, 9am - 5pm
 - **NHS Choices**
www.nhs.uk/asthma
 - **British Lung Foundation**
www.blf.org.uk
0300 003 0555 (helpline)
Monday – Friday, 9am – 5pm
 - **Stop Smoking Service**
If you live in Nottingham City:
Stub it
Please contact your GP practice and they will make a referral for you.
If you live In Nottinghamshire:
Smokefreelife Nottinghamshire
www.smokefreelifenottinghamshire.co.uk
0800 246 5343
- You could also download the NHS app - Smokefree**

Did you know that your local community pharmacy offers asthma advice and support to help you stop smoking?

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ASTHMA

Self-management plan for adults and children

Name:

Date of birth:

NHS number:

GP practice:

Practice telephone number:

Date of last annual flu vaccination:

Date of last annual pneumococcal vaccine:

Predicted or best peak flow:

Date of last annual review:

This plan will support you to manage your asthma better, especially if you're having an asthma attack. A Nurse or GP will discuss this plan with you and it may help to discuss this with your carer/ partner.

If your asthma gets worse it may be one of the first signs that you need a review so that your asthma symptoms can be improved.

You can reduce the need of taking more medication by treating your asthma symptoms quickly. This plan will help support you to take action if your symptoms get worse.

GREEN ZONE

Your asthma is well controlled when:

- Your sleep is not disturbed by asthma symptoms (coughing, wheezing, chest tightness or breathlessness)
- Your usual activities are not affected by asthma symptoms
- You have no asthma symptoms during the day
- Your peak flow reading is **above** [] (80% of predicted or best)

ACTION

Continue to take your usual asthma medicines:

Inhaler / tablet	Name of preparation / colour	Dose and frequency
Preventer use every day even when well		
Reliever should be used if you have symptoms		
Other asthma medication		

AMBER ZONE

Your asthma is getting worse if:

- You have difficulty sleeping because of asthma symptoms (coughing, wheezing, chest tightness or breathlessness)
- You have difficulty doing normal activities because of asthma symptoms
- You are using your reliever inhaler more or it lasts a shorter time
- Your peak flow reading is **below** [] (80% of predicted or best)

ACTION

- Make sure you are using your preventer inhaler as usual: [] puffs morning and night
- Use your reliever inhaler up to [] puffs [] times a day through a spacer device if appropriate

If your symptoms do not improve or they become worse within 2 days of taking the above steps, make an appointment with your GP or specialist nurse.

If you have been prescribed steroid tablets to keep at home, follow the advice given by your GP or specialist nurse and start the course as prescribed.
Tell your GP or specialist nurse within 2 days that you have started the course.

Prednisolone

Dose: _____ Number of days: _____

RED ZONE

Asthma emergency:

- Your symptoms are getting worse (coughing, wheezing, chest tightness or breathlessness)
- You are too breathless to speak easily (cannot speak full sentences)
- Your reliever inhaler is not helping
- Your peak flow reading is **below** [] (50% of predicted or best)

TAKE ACTION NOW

- **Get help – call 999 urgently**
- Sit up and loosen tight clothing
- Try to keep calm
- Take your reliever inhaler through a spacer if possible:

Inhale 1 puff each minute for up to 10 minutes. Repeat at 10-20 minute intervals until symptoms improve or help arrives, or as advised by your asthma nurse.

RESPIRATORY EMERGENCY ASSESSMENT CARD

This patient has a chronic respiratory condition. If assessment is required for this condition please contact the Integrated Respiratory Service on:

TEL: _____

Patients Name: _____

Diagnosis: _____

Target O₂ Sats
 ≥ 93% or 88 - 92% (*delete as applicable)

10/2016

if you have been given a Pink Card and this plan please remember to show it to the paramedics.