

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, Clinical pharmacist, 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.



Scan QR code with your phone camera for refresher training on how to use your inhaler (s) via Right Breathe

For further information contact:

Asthma and Lung UK
www.asthma.org.uk
0300 222 5800 (helpline)
Monday - Friday, 9am - 5pm



NHS Choices
www.nhs.uk/asthma

Stop smoking services
Nottinghamshire County residents
<https://yourhealthnotts.co.uk/quit-smoking/>
Tel: 0115 772 251

Nottingham City residents
<https://thrivingnottingham.org.uk/>
Tel: 0115 6485724

You could also download the NHS app
Better Health - NHS (www.nhs.uk)

Talking therapies
Being diagnosed with a long-term condition can affect people in different ways. If you're feeling worried or down and would like to speak to someone you can self-refer to:
NHS Nottingham and Nottinghamshire Talking Therapies
www.notts-talk.co.uk
Telephone 0333 188 1060

Recycle your inhalers and dispose of at your local pharmacy

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

Produced on behalf of the Nottingham and Nottinghamshire Integrated Care Board. Under review June 2025



ASTHMA

Self-management plan for adults and children

(Please bring this card with you to your annual review)

Name:
Date of birth:
NHS number:
GP practice/Hospital:
Respiratory Nurse:
Practice telephone number:
Date of last covid vaccination:
Date of last annual flu vaccination:
Date of pneumococcal vaccine:
Best peak flow:
Date of last Asthma review:

This plan will support you, your parents, or carers to manage your asthma especially if you're having an asthma attack. A Nurse or GP will discuss this plan with you, it may help to discuss this with you 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
- average usage of reliever (i.e. Salbutamol) is *not greater than 4 puffs per week* (ideally 1 inhaler should last 6 to 12 months)
- You have no asthma symptoms during the day
- Your peak flow reading is above [redacted] (80% of predicted or best)

ACTION

Continue to take your usual asthma medicines:

Inhaler /tablet	Name of preparation /colour	Dose and frequency
Maintenance\Preventer\Controller use every day even when well		
Reliever only if you have symptoms despite using preventer		
Combined Maintenance and reliever therapy (MART)		
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 [redacted] (80% of predicted or best)

ACTION

- Make sure you are using your preventer/controller inhaler as usual: [redacted] puffs morning and night
- If on fixed dose, use your reliever inhaler up to [redacted] puffs [redacted] times a day
- If on maintenance and reliever therapy (MART) take additional inhaler puffs but do not exceed the maximum daily dose

If your symptoms do not improve or worsen despite taking the above steps, contact and or 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 Health Professional 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 [redacted]
- Your peak flow reading is below [redacted] (50% of predicted or best)

TAKE ACTION NOW

- If your breathing becomes worse and the reliever inhaler is not working, or you are blue & gasping call 999. Get help - call 999 urgently
- Sit up and loosen tight clothing
- Try to keep calm
- Consider unlocking doors so that the emergency service can get in
- If you have steroid tablets at home, start the course as prescribed.
- Take your reliever or MART inhaler through a spacer if appropriate:

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