

Template for Written Asthma Action Plan

Symptoms	Medication
<p style="text-align: center;">WHEN WELL</p> <ul style="list-style-type: none"> • No asthma symptoms 	<p>Regular Controller Treatment EVERYDAY:</p> <ol style="list-style-type: none"> 1. 2. 3. <p>Reliever ____ puffs ONLY when necessary</p>
<ul style="list-style-type: none"> • Before exercise 	
<p style="text-align: center;">CAUTION</p> <p>If you</p> <ul style="list-style-type: none"> • Wake at night due to asthma symptoms • Have day time asthma symptoms more than 2 times • Used reliever more then 2 times • Have limited activity or exercise • Have flu like symptoms 	<p style="text-align: center;">STEP UP TREATMENT</p> <ol style="list-style-type: none"> 1. ____ puffs ____ times/day for next 7-14 days. If improved go back to regular treatment. 2. Reliever ____ puffs 4-6 hourly x 3 days <p style="text-align: center;">If on Symbicort®</p> <p>2-4 puffs at a time Do not exceed 12 puffs/day If improved go back to regular treatment.</p>
<p style="text-align: center;">EXTRA CAUTION</p> <ul style="list-style-type: none"> • If NO improvement at anytime with the above treatment then add ... 	<p>Prednisolone 30 mg per day x 5-7 days. (for Adults)</p> <p style="text-align: center;"><i>(Children should consult Dr. first)</i></p>
<p style="text-align: center;">DANGER</p> <p style="text-align: center;">GET HELP WHEN</p> <ul style="list-style-type: none"> • Severe shortness of breath • Reliever medicine is not helping • Can only speak in short sentence • Feeling frightened 	<p style="text-align: center;">SEE YOUR DOCTOR</p> <p style="text-align: center;">DO NOT WAIT</p> <p style="text-align: center;">CALL 995 FOR AN AMBULANCE</p> <p>Reliever ____ puffs at 10 minutes interval till you get to the nearest Dr. or hospital.</p> <p>Prednisolone 30 mg immediately.</p>
Affix Patient Stickers	Reinforced by: Date:

Disclaimer:

All information contained herein is intended for your general information only and is not a substitute for medical advice for treatment of asthma. If you have specific questions, consult your doctor.