

Explanation of different treatments

PREVENTERS

Work by reducing the amount of swelling and mucous in the airways.

It is important to take this medication regularly even, when you feel well.

RELIEVERS

Open the airways and make it easier to get air in and out of the lungs.

This helps to relieve the symptoms and help you feel better.

BreatheEasy (Fife) Support Group recommend **sharing your Personalised Asthma Action Plan** with others significant to you and your care, for example spouse, family, friend, other healthcare professionals, and ambulance staff.



For further information on inhalers, inhaler technique demonstrations and self-management tips, visit

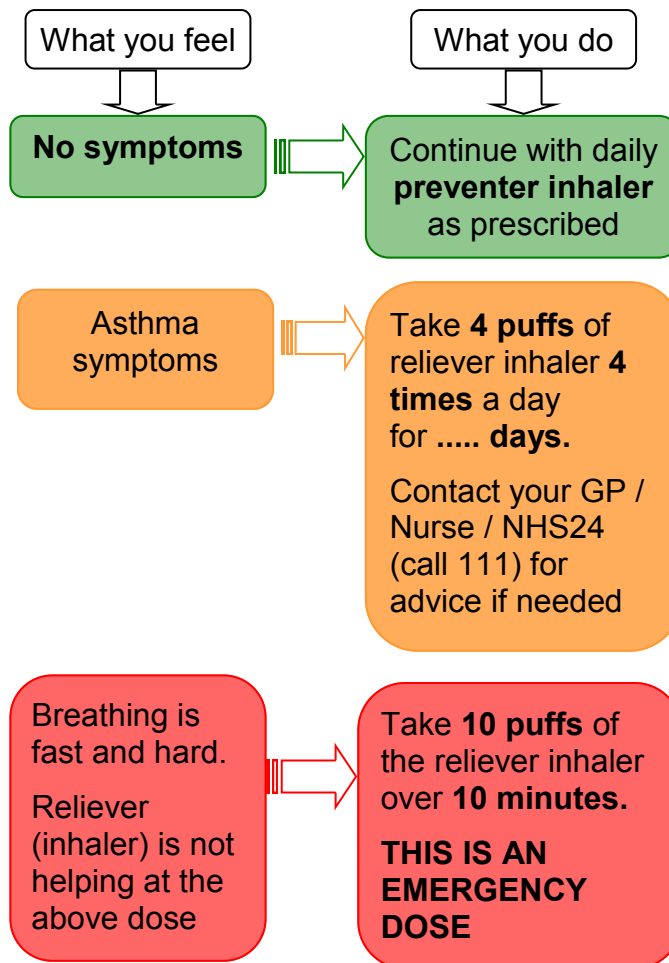
www.mylungsmylife.org.

This comprehensive free to use website is for anyone living with asthma.

Fife Council and NHS Fife are supporting the people of Fife together through Fife's Health and Social Care Partnership.
www.fifehealthandsocialcare.org



Action plan for controlling your asthma



If you need to repeat the emergency dose within four hours you need to **seek urgent medical advice**.

If you are gasping for breath **you must phone 999 for an ambulance and continue to take one puff of your reliever inhaler every minute until help arrives**.

i If you have been admitted to hospital as a result of your asthma, please seek an appointment with your GP / Practice Nurse **within 48 hours of discharge**.

Asthma Action Plan

Your Name:

Main Contact: GP / Nurse:

Date plan issued:

My daily asthma medications are:

- 1.
- 2.
- 3.
- 4.
- 5.

My asthma triggers:

My best peak flow is

My **preventer** inhalers are called:

I take puff/s of my preventer inhaler in the morning and puff/s at night.

I do this everyday even when I feel well

My **reliever** inhaler is called:

I take puff/s of my reliever inhaler when I wheeze or cough and / or I find it hard to breathe.

Does any specific activity normally cause you to cough or make it hard for you to breathe?



If yes I take

puff/s of my reliever inhaler 15-20 minutes before I start.

I know my asthma is getting worse if :

- ◆ I have a cough, wheeze, find it hard to breathe or my chest feels tight
- ◆ I wake up at night because of my asthma - often with a cough
- ◆ I am taking my reliever inhaler everyday
- ◆ My peak flow is less than



When this happens:

I keep taking my preventer inhaler as normal

And also take puff/s of my reliever inhaler 4 times per day for days

If no improvement after days

- Phone the surgery for advice
- Make an urgent appointment
- Start steroid tablets:

Take tablets (.....mg) once a day for days and inform

If I am not getting any better I should see my doctor / nurse or NHS24 (on freephone 111)

I will know I am having an asthma attack if I have any of the following:

- ◆ My reliever inhaler is not helping
- ◆ I can't talk or walk easily
- ◆ I am breathing fast and hard
- ◆ I am coughing and wheezing a lot
- ◆ My peak flow is below

When this happens:

1. Start my steroid tablets:

Take tablets (.....mg) once a day for days

2. I will take 1 puff of my reliever inhaler every minute (max of 10 puffs) until I feel better.



I am feeling better but I don't want this to happen again so I need to

I still don't feel better and I have taken 10 puffs.

If you have had to repeat the dose **within 4 hours**



Call 999 straight away

If I wait more than 15 minutes I take **1 puff of my reliever inhaler every minute** until the ambulance arrives

Remember to take your inhaler with a spacer if you have one for optimum benefit