

#### ADULT ASTHMA ACTION PLAN

(age 16 years and older using budesonide-formoterol)

Name:			
D - 1 -			
Date:			

This asthma action plan shows me how and when to increase the dose of my asthma medications.



### CONTROLLER AND RELIEVER

budesonide-formoterol, SYMBICORT TURBUHALER



#### In an average week, I should only need additional reliever doses twice at most.

If I usually need more than this, I will tell my healthcare provider.

It could be a sign that my asthma medications need to be adjusted.

If I feel well, I will take:

But if my symptoms worsen, I will take:

## I will urgently see a healthcare provider if:



1 puff twice a day, plus 1 to 2 puffs if needed for asthma symptoms.

Up to 8 puffs can be taken in one day.

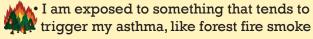


## 4 puffs twice a day

...until I feel better (up to 2 weeks).

For example, I might be in the yellow zone if:

- I need doses for symptom relief more than usual, OR
- - I catch a cold, OR



**You should refill your inhaler at the pharmacy now,** since you are using more doses of it. A rule of thumb is that increasing your inhaler for <u>1 week uses up 1 month</u> of the doses inside.

- I need more than 8 puffs of my inhaler per day. OR
- After 2 weeks I don't feel like my "normal self", OR
- I start to have difficulty sleeping because of my asthma, OR
- After 48 hours my symptoms are worse instead of better

## I will urgently call 9-1-1 for an ambulance if:

- My inhaler doesn't help, OR
- I am too breathless to speak, OR
- I am constantly short of breath

This means I am having an asthma attack. I will take puffs from my inhaler as much as I need to until help arrives.

Healthcare Provider Signature: \_\_\_\_\_\_ Patient Signature: \_\_\_\_\_

Healthcare providers: share this plan with the entire healthcare team (e.g. family physician, community pharmacy, etc.)

Asthma Action Plans for other medications, such as budesonide, ciclesonide, and mometasone are freely available at rxfiles.ca/tools.

# **ACTION PLAN** page 2 – budesonide-formoterol

## MY INFORMATION

Name:	Doctor:
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- - Iealth	card	number:	
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#### Who is this action plan for?

This plan is for adults and adolescents on one the following controllers:1

- □ budesonide-formoterol at a **very low dose** (100mcg inhaler taken as 1 puff twice daily)
- □ budesonide-formoterol at a **low dose** (200mcg inhaler taken as 1 puff twice daily)

These doses can control around half of people with asthma.4

#### What else can I do to help my asthma?

- I can stay up to date on my vaccinations.
- →Some vaccinations that are especially important for my lungs include COVID-19 vaccines, influenza vaccines, and pneumococcal vaccines.
- I can make sure I take my inhaler twice a day.
- →I will tell my healthcare provider if I often forget to take my inhaler.
- I can identify and avoid things that seem to trigger my asthma.

























- I can exercise regularly to keep my lungs strong.
- →If exercise makes my asthma worse, I should tell my healthcare provider. I may need my asthma medications adjusted.
- If I smoke, I can quit smoking to protect my lungs from damage.
- →When I am ready to quit smoking, I will let my healthcare provider know. They can help me make a plan.
- I can ask my pharmacist to double-check that my inhaler technique is perfect.
- →Some people find certain inhalers easier to use than others. I will talk to my healthcare provider if I want to ask about a different inhaler device.
- →Inhaler technique: https://www.lungsask.ca/lung-diseases/inhalers/inhaler-videos

#### Who is this action plan NOT for?

- **NOT** for kids under the age of 16.2,4
- **NOT** for people on **high doses** of budesonide-formoterol (e.g. 800mcg twice daily). 1,3
- **NOT** for people requiring **2 puffs** of budesonide-formoterol twice daily.

#### What are some signs I may need my asthma medications adjusted?<sup>4</sup>



• I usually need doses for symptom relief more than twice a week.



- I have asthma symptoms overnight.
- I have difficulty exercising because of my asthma symptoms.



- I have to miss work or school because of my asthma.
- I have trouble using my inhalers or often forget to take them.



• I have to use my asthma action plan a few times a year.

#### REFERENCES:

- 1. Kouri A, Boulet LP, Kaplan A, Gupta S. An evidence-based, point-of-care tool to guide completion of asthma action plans in practice. European Respiratory Journal. 2017 May 1:49(5).
- 2. Jackson DJ, Bacharier LB, Mauger DT, Boehmer S, Beigelman A, Chmiel JF, Fitzpatrick AM, Gaffin JM, Morgan WJ, Peters SP, Phipatanakul W. Quintupling inhaled glucocorticoids to prevent childhood asthma exacerbations. New England Journal of Medicine. 2018 Mar 8:378(10):891-901.
- 3. McKeever T, Mortimer K, Wilson A, Walker S, Brightling C, Skeggs A, Pavord I, Price D, Duley L, Thomas M, Bradshaw L. Quadrupling inhaled glucocorticoid dose to abort asthma exacerbations. New England Journal of Medicine. 2018 Mar 8:378(10):902-10.
- 4. Yang CL, Hicks EA, Mitchell P, Reisman J, Podgers D, Hayward KM, Waite M, Ramsey CD. Canadian Thoracic Society 2021 Guideline update: Diagnosis and management of asthma in preschoolers, children and adults. Canadian Journal of Respiratory, Critical Care, and Sleep Medicine. 2021 Jun 30:1-4.