



# ADULT ASTHMA ACTION PLAN

(age 16 years and older using mometasone)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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



## CONTROLLER

= mometasone, ASMANEX TWISTHALER



## RELIEVER

= terbutaline, BRICANYL TURBUHALER



In an average **week**, I should only need my **BLUE RELIEVER INHALER** **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:

## CONTROLLER



1 puff daily

## RELIEVER



1 puff if I need to

But if my symptoms worsen, I will take:

## CONTROLLER



4 puffs daily




## RELIEVER



Up to 6 puffs per day

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

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

-  I need my blue reliever more than usual, OR
-  I catch a cold, OR
-  I am exposed to something that tends to trigger my asthma, like forest fire smoke

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

I will urgently see a healthcare provider if:

- I need my blue inhaler more than every 4 hours, 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 blue reliever 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 blue reliever 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 fluticasone are freely available at [rxfiles.ca/tools](https://rxfiles.ca/tools).

# ACTION PLAN page 2

## – mometasone

## MY INFORMATION

Name: \_\_\_\_\_ Doctor: \_\_\_\_\_

Health card number: \_\_\_\_\_

### Who is this action plan for?

This plan is for adults and adolescents on one the following controllers:<sup>1</sup>

- ☐ mometasone at a **low dose** (200mcg inhaler taken as 1 puff at bedtime)
- ☐ mometasone at a **medium dose** (400mcg inhaler taken as 1 puff at bedtime)

These doses can control around half of people with asthma.<sup>4</sup>

### 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 pink/red controller inhaler twice a day.  
→ I will tell my healthcare provider if I often forget to take my pink/red controller.
- I can identify and avoid things that seem to trigger my asthma.

CIRCLE  
MY  
TRIGGERS



SMOKE



COLDS



ANIMALS



POLLENS



MOLD



DUST



STRONG SMELLS



WEATHER CHANGES



STRONG EMOTIONS



OTHER: \_\_\_\_\_

- 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 people needing an asthma controller medication in addition to mometasone (e.g. a long-acting beta agonist such as salmeterol or formoterol, or combination product).
- **NOT** for kids under the age of 16.<sup>2,4</sup>
- **NOT** for people on **high doses** of mometasone (e.g. 400mcg twice daily).<sup>1,3</sup>
- **NOT** for people requiring **2 puffs** of mometasone per day.

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



- I usually need to use my blue reliever inhaler 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:

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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.