

Asthma Action Plan (This plan is a guide only. Always contact your doctor if you are unsure what to do.)



Name: _____ Date: _____
 Doctor: _____ Doctor Phone #: _____
 Emergency Phone #: _____ Saskatchewan Healthline: 1-877-800-0002

My current asthma medications

Drug/Dose: RELIEVER	Drug/Dose: PREVENTER
Drug/Dose: PREVENTER	Drug/Dose: PREVENTER

Asthma Triggers The most important part of your asthma management is avoiding asthma triggers. Circle all clouds that trigger your asthma:

- Dust mites
- Dust
- Molds
- Colds / Flu
- Heartburn
- Food: _____
- Pets
- Cigarette smoke
- Pollen
- Exercise
- Stress, anxiety
- Occupational: _____
- Perfumes
- Air pollution
- Weather changes
- Cleaning products
- Other: _____

Stable Asthma



YOUR ASTHMA IS WELL-CONTROLLED IF YOU:

- Can take part in normal physical activity
- Are using your "reliever" puffer no more than 3 doses / week (plus up to 1 dose/day before exercise)
- Are having NO asthma symptoms while sleeping
- Have not missed any school or work due to asthma

- You can expect to have well-controlled symptoms most of the time.
- To control your asthma, avoid your triggers AND take your medications as prescribed.

Asthma Caution



THE FOLLOWING SYMPTOMS SUGGEST THAT YOUR ASTHMA IS WORSENING:

- Using your "reliever" puffer more than 3 doses / week (not including 1 dose/day before exercise)
- Having any asthma symptoms while sleeping
- Unable to do usual activities / sports
- Missing any school or work due to your asthma
- Feeling the onset of a cold / flu

IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS YOU MUST FOLLOW THESE INSTRUCTIONS TO PREVENT YOUR ASTHMA FROM GETTING DANGEROUSLY WORSE:

1. ENSURE THAT YOU ARE

- Taking your medications regularly as prescribed
- Using your inhalers correctly
- Avoiding your asthma triggers

2. TO BE COMPLETED BY YOUR HEALTH CARE PROVIDER (SELECT ONE OR MORE OPTIONS BELOW):

Increase dose* of my _____ to _____ puffs _____ times daily only until symptoms are stable again (see above).
(inhaled steroid/preventer)

* Evidence suggests that if patient is taking regular medications as prescribed, doubling of dose is not effective. An increase of 3-4 X may be necessary.

Start taking PREDNISONE tablets at _____ mg daily* until symptoms are stable again (see above).

* Usually will take a minimum of 5 days of treatment (common doses = 30-60 mg /day for adults; 1-2 mg /kg /day for children).

Other _____

It may take a few days for symptoms to improve after making these medication changes.

- Contact my doctor (or go to a walk-in clinic):
 - If I am not sure what to do
 - If I am feeling worse
 - If I am not getting better
- See "Asthma Alert" below about when to call 9-1-1.

Asthma Alert!



IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS YOU ARE IN DANGER OF A POTENTIALLY LIFE-THREATENING ASTHMA ATTACK:

- Lips and / or fingernails are blue
- "Reliever" medication is not helping
- Experiencing constant shortness of breath (even at rest)
- Previous experience tells you this is a very severe attack

- Proceed to the nearest emergency department
- Do not drive on your own (call 9-1-1 if necessary)
- Use your "reliever" puffer as often as you need until help arrives