Asthma Action Plan

This handout was adapted from the American Lung Association to help you plan for asthma treatment with your health care provider. If you have questions and concerns about your breathing, ask for help.

My asthma level currently is (check one):
- Mild
- Moderate
- Severe

*Asthma level is based on how many medicines you need to control your asthma and your lung function. Even mild and moderate asthmatics are at risk for severe asthma attacks.

My asthma triggers are (check all that apply):
- Animal dander
- Air pollution
- Home cleaners
- Colds/infection
- Dust
- Exercise
- Foods
- Smoke
- Other allergens

*Avoid things that make your asthma worse

My current list of medicines (write in your medicines):
- Rescue or quick relief inhaler (use as needed for breathing problems):
  __________________________________________________________
- Controller medicines (use every day to control asthma):
  __________________________________________________________
- Medicines before exercise or activities: _________________________
- Other medicines: ____________________________________________

More on next page ➔

Learn more about your health care.

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Monitoring Your Asthma

It is important to monitor your asthma to identify problems as soon as they start. You should monitor:

- Asthma symptoms such as shortness of breath, wheezing, cough and chest tightness
- Your activity and sleep
- How often you are using rescue or quick relief medicine
- Peak flow measurements (Not for all patients)

Use this chart to help determine if your asthma is controlled

<table>
<thead>
<tr>
<th>Asthma signs are:</th>
<th>Signs include:</th>
<th>Peak Flow</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Doing Well</td>
<td>Breathing is good. No cough or wheezing. Can work and play, and sleep all night. Using rescue medicine less than twice a week.</td>
<td>More than 80% personal best or _____.</td>
</tr>
<tr>
<td>□ “Controlled”</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Getting Worse</td>
<td>Some breathing problems, cough, wheeze or chest is tight. Problems when working or playing. Sometimes waking up at night.</td>
<td>Between 50 % to 80% of personal best or _____.</td>
</tr>
<tr>
<td>□ “Caution”</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Serious</td>
<td>Constant breathing problems. Can not work or play. Breathing is getting worse. Medicines are not working to control asthma</td>
<td>Less than 50% of personal best or _____.</td>
</tr>
<tr>
<td>□ “Stop – Take Action”</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

At any time, call your health care provider if:

- You need rescue medicine more than twice a week
- Quick relief medicine is not lasting 4 hours
- You are getting worse despite following your asthma plan
- You are getting worse while taking oral steroids (prednisone, methylprednisolone)
**Action Plan**

**Doing Well - CONTROLLED**
Your asthma is controlled. Continue to take your medicines as directed by your health care provider. Do not miss doses. Do not stop your controller medicine. Go to all follow-up appointments and get regular medical care.

**Getting Worse – CAUTION**
If your breathing **gets better** (or your peak flow is above 80% of personal best) 1 hour after taking a rescue inhaler, then:

- Use your rescue medicine every 4 hours for 1 to 2 days and monitor your breathing. If you are getting worse or not better in 1 to 2 days, **call your provider**.

If your breathing **does not get better** (or peak flow stays between 50%-80% personal best) 1 hour after using the rescue inhaler, then:

- Repeat the rescue medicine and monitor your breathing. Repeat again in 1 hour if needed. If your breathing is not better and your provider has not given you other medicines or instructions (see below), **call your provider**.

- Change your long-term control medicine by: ________________

**Serious Signs - STOP and TAKE ACTION**
Take rescue medicine immediately and repeat again in 15 minutes.

If your breathing **gets better** (peak flow above 50%) after the rescue medicine, follow the instructions under “Getting Worse – Caution”.

If your breathing **does not get better** (or peak flow below 50% personal best), **go to the hospital**.

**Call 911 any time you notice Danger Signs:**

- Trouble walking or talking from shortness of breath
- Lips or fingernails are bluish