ACTION PLAN: Regular inhaled corticosteroid preventer plus as needed Salbutamol reliever

Name: …… DOB: ……
Date completed: …… GP Contact details: ……
Completed by: …… ……

Treatment

- Low dose inhaled steroids should be taken regularly to prevent asthma.
  - -use Pulmicort 100mcg Turbohaler or Flixotide 50mcg Accuhaler if possible.
  - -use Beclomethasone or Flixotide aerosol with a spacer if unable to use a dry powder inhaler.
- A blue aerosol reliever inhaler with a spacer should be used as needed for symptoms.

Regular Preventer Inhaler

My inhaler is ……
Strength …… Colour ……
Take ……. puffs …….. times a day

My spacer is (please tick):

☐ ☐ ☐ ☐ ☐

Other medication: ……

As Needed Blue Reliever Inhaler

Salbutamol (Salamol)
Your reliever inhaler has a maximum of 200 doses but will continue to fire when empty

How to treat asthma symptoms

Wheezy and/or breathless?
Increased work of breathing?

Yes → Sit upright and try to stay calm.
Give **2 puffs** of blue inhaler one at a time using a spacer.
Review the response after a few minutes.
Give **2 more puffs** if still concerned about breathing.

→ **Are you still concerned about breathing?**

No → No need for blue inhaler.

Yes → If there is no other obvious reason for symptoms, give **2 more puffs.**
Reassess and repeat up to a **maximum of 10 puffs**.

→ **Are you still concerned about breathing?**

Yes → **GET URGENT HELP**
Call 999 or attend the Emergency Department
Give more blue inhaler if needed.

No → Reassess within 4 hours.
Give more blue inhaler if needed.
GET URGENT HELP if a further 10 puffs is needed within 4 hours.

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Your asthma is under control if

- ❑ You have no symptoms during the day or night such as wheezing, shortness of breath, chest tightness or persistent dry cough
- ❑ You can do all your normal activities
- ❑ You do not need any additional doses of your blue inhaler

Contact your GP or Asthma Nurse for any of the following

- ❑ You need your blue inhaler 3 or more times a week
- ❑ Your treatment has not been reviewed for more than 1 year
- ❑ You are wheezy after exercise
- ❑ You have a persistent night-time cough

Further information

Scan the codes below for information about how to use your inhaler and spacer

With a facemask

With a mouthpiece

Please make a note if you have a course of oral steroids

Date	Symptoms	Treatment

Please bring this record to all asthma reviews

Please dispose of empty or unwanted inhalers responsibly