ACTION PLAN: Maintenance And Reliever Therapy (MART) for Symbicort Turbohaler or DuoResp Spiromax inhaler

Healthier Together
Improving the health of children and young people in Dorset, Hampshire and the Isle of Wight

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

What is MART?

- Your **MART** inhaler contains a quick acting, long lasting medicine to open your airways plus a preventer medicine to keep your lungs healthy.
- It should be taken regularly with extra puffs to treat symptoms such as wheeze or breathlessness.

Your inhaler is …… Strength …… (mcg)
Morning dose …… inhalation(s) Evening dose …… inhalation(s)
Other medication ……

Your maximum daily dose is 8 puffs. If 8 puffs is needed for 2-3 days seek medical advice.
Up to 12 puffs can be given in an emergency (see below).

Treating Acute Asthma at home with MART

Are you wheezy and/or breathless?
Are you working hard to breathe?

Yes

Sit upright and try to stay calm.
Take 1 puff of your MART inhaler.
Wait a few minutes.
Take another puff if needed.

Do you still have symptoms?

No

No need to do anything.
Continue to look for symptoms.

Yes

Take 1 more puff.
Wait a few minutes.
Take more puffs if needed but not more than 6 at one time.

Call 999 or go straight to your local Emergency Department if you are not improving or need up to 12 puffs in 24 hours.
If you have a Salbutamol (blue) inhaler, give up to 10 puffs one at a time every few minutes using a spacer whilst awaiting urgent help.

ACTION PLAN: Maintenance And Reliever Therapy (MART) for Symbicort Turbohaler or DuoResp Spiromax inhaler

Healthier Together
Improving the health of children and young people in Dorset, Hampshire and the Isle of Wight

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 inhaler

Contact your GP or Asthma Nurse for any of the following

- ❑ You regularly need to use extra doses of your inhaler
- ❑ 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 this code for a video showing how to use your inhaler

Scan this code for information about Asthma Symptoms

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

For more useful information visit: www.what0-18.nhs.uk