

Name: _____

Date: _____

Review with your healthcare provider at every visit.

Adult Asthma Action Plan (16 years and older)

Emergency contact name: _____	Phone: _____
Physician name: _____	Phone: _____

Personal Best Peak Flow _____ L/min

The goal of asthma treatment is to live a healthy, active life.
Remember that it is very important to remain on your maintenance medication, even if you are having no symptoms of asthma.

Go: Maintain Therapy	Caution: Step Up Therapy	Stop: Get Help Now																																			
<p>Description You have all of the following:</p> <p>Use your reliever no more than 3 times per week</p> <p>Cough, wheezing, shortness of breath or chest tightening no more than 3 days per week</p> <p>Can do normal physical activities and sports without difficulty</p> <p>Night asthma symptoms less than 1 night per week</p> <p>No missed regular activities or school or work</p> <p>Peak Flow: >80% personal best, or > _____</p> <p>Other:</p> <div style="border: 1px solid black; height: 40px; width: 100%;"></div>	<p>Description You have any of the following:</p> <p>Use your reliever more than 3 times per week</p> <p>Have daytime cough, wheezing, shortness of breath or chest tightening more than 3 days per week</p> <p>Physical activity is limited</p> <p>Asthma symptoms at night or in early AM 1 or more nights per week</p> <p>Peak Flow: 60-80% personal best, or _____ to _____</p> <p>Other:</p> <div style="border: 1px solid black; height: 40px; width: 100%;"></div>	<p>Description You have any of the following:</p> <p>Reliever lasts 2-3 hours or less</p> <p>Continuous asthma symptoms</p> <p>Continuous cough</p> <p>Wheezing all the time</p> <p>Severe shortness of breath</p> <p>Sudden and severe attack of asthma</p> <p>Peak Flow: <60% personal best, or < _____</p> <p>Other:</p> <div style="border: 1px solid black; height: 40px; width: 100%;"></div>																																			
<p>Instructions:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Medication</th> <th style="width: 10%;">Puffer colour</th> <th style="width: 10%;">Dose</th> <th style="width: 10%;">Puffs</th> <th style="width: 10%;">Times per day</th> </tr> </thead> <tbody> <tr> <td colspan="5" style="background-color: #e0e0e0;"><i>Controller</i></td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td colspan="5" style="background-color: #e0e0e0;"><i>Reliever</i></td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table> <p>Other:</p> <div style="border: 1px solid black; height: 40px; width: 100%;"></div>	Medication	Puffer colour	Dose	Puffs	Times per day	<i>Controller</i>																				<i>Reliever</i>										<p>Instructions:</p> <p><input type="checkbox"/> Increase _____ controller (_____) to: _____ puffs _____ times per day for _____ days <small>(colour) (medication)</small></p> <p><input type="checkbox"/> Add _____ controller (_____) : _____ puffs _____ times per day for _____ days <small>(colour) (medication)</small></p> <p><input type="checkbox"/> Take _____ reliever (_____) 1 to 2 puffs every 4 to 6 hours as needed <small>(colour) (medication)</small></p> <p><input type="checkbox"/> If no improvement in your symptoms and/or peak flows in 2-3 days or your reliever only lasts for 2-3 hours, go to red zone</p> <p>Other:</p> <div style="border: 1px solid black; height: 40px; width: 100%;"></div>	<p>Instructions:</p> <p>Take _____ reliever (_____) _____ puffs every 10-30 minutes as needed <small>(colour) (medication)</small></p> <p>Asthma symptoms can get worse quickly. When in doubt, seek medical help.</p> <p>Asthma can be a life-threatening illness. Do not wait!</p> <p>If you cannot contact your doctor: call 911 for an ambulance, or go directly to the Emergency Department!</p> <p>Bring this asthma action plan with you to the emergency room or hospital</p> <p>Stay calm</p> <p>Other:</p> <div style="border: 1px solid black; height: 40px; width: 100%;"></div>
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Allergies may be triggering your asthma - avoid the things that you are allergic to and have allergy skin testing if you are unsure.

Controller: has a lasting effect, treats inflammation, prevents asthma attacks, may take time to act

Reliever: rapidly relieves symptoms of cough, wheeze, lasts 4 hours