

GP

Name: _____

Phone: _____

Date: ____/____/____

Practice Nurse:

Name: _____

Phone: _____

Care Plan Review Due

Date: ____/____/____

- Contact your practice nurse or GP if you are unsure or worried about what to do
- Please contact your practice nurse or GP if this plan is lost

For further information please
contact your local asthma society

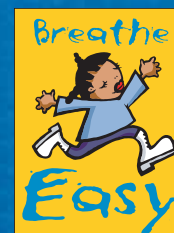


Adult Management Plan to Control Your Asthma



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Asthma New Zealand/The Lung Association
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Adult Action Plan to Control Your Asthma

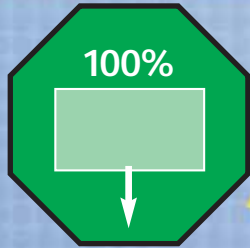
Your peak flow readings



Name: _____

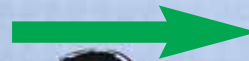
My goal is: _____

Date: ___/___/___



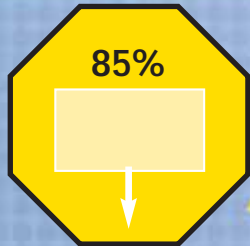
Green Zone-Go! Asthma under control

- Breathing is good
- Using reliever less than 3 times a week
- Able to take part in activities



To control your asthma take

- Preventer: _____ puff(s) morning & night
- Reliever: _____ puff(s) when needed and 5-10 minutes before exercise
- Symptom controller _____ puff(s) morning & night
- Other medication: _____



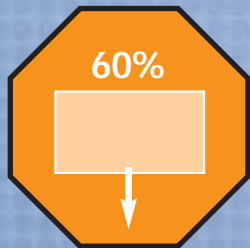
Yellow Zone-Caution! Asthma getting worse

- At first sign of a cold or flu
- Increasing breathlessness
- Coughing, wheezing or chest tightness during the day
- Waking up at night because of asthma symptoms



Increase preventer and reliever inhalers

- Preventer: _____ puff(s) morning & night for _____ days after symptoms have improved, return to the dose you take to control your asthma (green zone)
- Reliever (blue inhaler) _____ puffs, 6 hourly until symptoms improve
- Continue with symptom controller and any other medication **as in green zone**



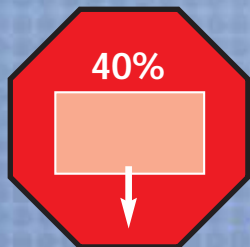
Orange Zone-Medical Alert! If you experience any of the following, action orange zone

- Very short of breath
- Difficult to breathe
- Cannot do usual activities
- Need reliever every 2 to 3 hours
- Wheezing sounds louder



Sit upright and stay calm

- Take _____ 5mg tabs prednisone for _____ days
- Use reliever (blue inhaler) _____ puffs (1 puff at a time to 6 breaths) through a spacer. Repeat twice within 1 hour
- Inform GP or practice nurse. If you are still in orange zone after one hour of taking reliever or if peak flow drops further and symptoms are getting worse **follow red zone**



Red Zone-Emergency !!!! If you experience any of the following, action red zone

- Severe difficulty with breathing, walking or talking
- Blueness of lips or skin
- Exhausted due to the effort of breathing
- Wheezing stops suddenly



Dial 111 and ask for ambulance

- State you are having an **ASTHMA ATTACK**
- Keep taking reliever (blue inhaler) 1 puff to every 6 breaths via your spacer until help arrives
- If alone contact a support person to stay with you until help arrives

