

**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



# Asthma Management Plan for Young People



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# Asthma Management Plan for Young People

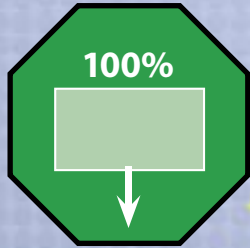
Your peak flow readings



Name: \_\_\_\_\_

My goal is: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_



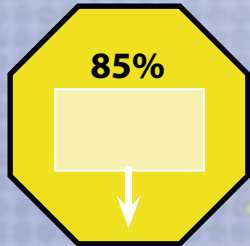
## Green Zone-Go!

- Breathing is good
- Needing reliever less than 3 times a week
- Managing to do usual activities



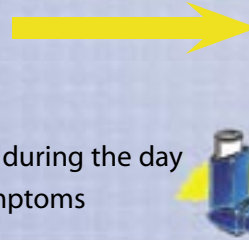
## Controlling Asthma - To be in control of asthma involves taking the following

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



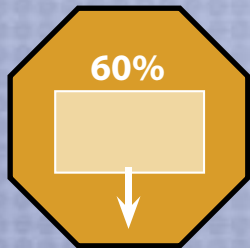
## Yellow Zone-Caution!

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



## Action Yellow Zone

- Preventer: \_\_\_\_\_ puff(s) morning & night.
- Increase reliever to \_\_\_\_\_ puffs every 4 hours until feeling better.
- Continue on symptom controller and any other medication as directed.



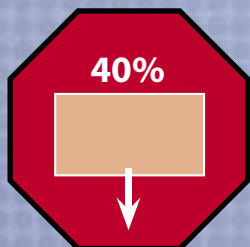
## Orange Zone-Medical Alert!

- Very short of breath
- Difficulty breathing
- Needing reliever every 2-3 hours
- Wheezing sound getting louder
- Area between ribs and around neck sucking in



## Action Orange Zone

- Give/Take \_\_\_\_\_ puffs of reliever inhaler (blue) one at a time through a **spacer**.
- Contact GP or Emergency Centre for advice and inform them you/your child is having an asthma attack.



## Red Zone-Emergency !!!!

### If you/your child has any of the following

- Severe difficulty breathing, walking or talking
- Blueness of lips or skin
- Exhausted/distressed
- Wheezing sounds louder or **stops**
- Area between ribs and around neck sucking in



## Action Red Zone - Dial 111 and ask for an ambulance

- State your child/you are having an **ASTHMA ATTACK**
- Give/Take one puff of blue reliever inhaler to every six breaths, one puff at a time for 10 puffs. Repeat every 20 minutes until help arrives.
- If alone contact a support person to stay until help arrives.

