

# Exacerbation Log

If I have been given prednisolone tablets (steroid tablets) to keep at home:

Take  mg of prednisolone tablets (which is  times 5mg) every morning for  days.

Date Started:

Date Finished:

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## Get Involved in Research!

We have current research trials for our patients with Asthma, for more information contact the Respiratory Research Team on 02392 286000 ext 4108

# YOUR ASTHMA ACTION PLAN

**NAME:**

**DATE:**

"IF YOU USE AN ASTHMA ACTION PLAN YOU ARE **FOUR TIMES LESS LIKELY** TO HAVE AN ASTHMA ATTACK THAT REQUIRES EMERGENCY HOSPITAL TREATMENT" - ASTHMA UK

**THIS IS WHAT I NEED TO DO TO STAY ON TOP OF MY ASTHMA**

**MY PERSONAL BEST PEAK FLOW IS:**

**MY PREVENTER INHALER** (insert name/colour)

I need to take my preventer inhaler every day even when I feel well.

I take  puff(s) in the morning and  puff(s) at night.

**MY RELIEVER INHALER** (insert name/colour)

I take my reliever inhaler only if I need to.

I take  puff(s) of my reliever inhaler if any of these things happen:

- I'm wheezing
- My chest feels tight
- I'm finding it hard to breathe
- I'm coughing

Other medicines I take for asthma every day:

**MY ASTHMA IS GETTING WORSE IF I NOTICE ANY OF THESE**

- my symptoms are coming back (wheeze, tightness in my chest, feeling breathless, cough)
- I am waking up at night
- My symptoms are interfering with my usual day-to-day activities (eg at work, exercise)
- I am using my reliever inhaler  times a week or more
- My peak flow drops to below

**This is what I do straight away to get on top of my asthma:**

If I haven't been using my preventer inhaler, start using it regularly again or:

Increase my preventer inhaler dose to  until my symptoms have gone and my peak flow is back to normal.

Take my reliever inhaler as needed (up to  puffs every four hours)

**If I don't improve within 48 hours make an appointment to see my GP or Asthma Nurse.**

**I AM HAVING AN ASTHMA ATTACK IF ANY OF THESE HAPPEN**

- my reliever inhaler is not helping or I need it more than every  hours
- I find it difficult to walk or talk
- I find it difficult to breathe
- I'm wheezing a lot or I have a very tight chest or I'm coughing a lot
- My peak flow is below

**THIS IS AN EMERGENCY TAKE ACTION NOW**

1. Take two puffs of my reliever inhaler (one puff at a time)
2. Sit up and try to take slow, steady breaths
3. If I don't start to feel better, take two puffs of my reliever inhaler (one puff at a time) every two minutes. I can take up to ten puffs
4. **If I don't feel better I should call 999 straight away.** If an ambulance doesn't arrive within 10 minutes, and I'm still not feeling better then I should repeat **step 3**
5. Even if I feel better, I should see my GP or Asthma Nurse for advice on the same day