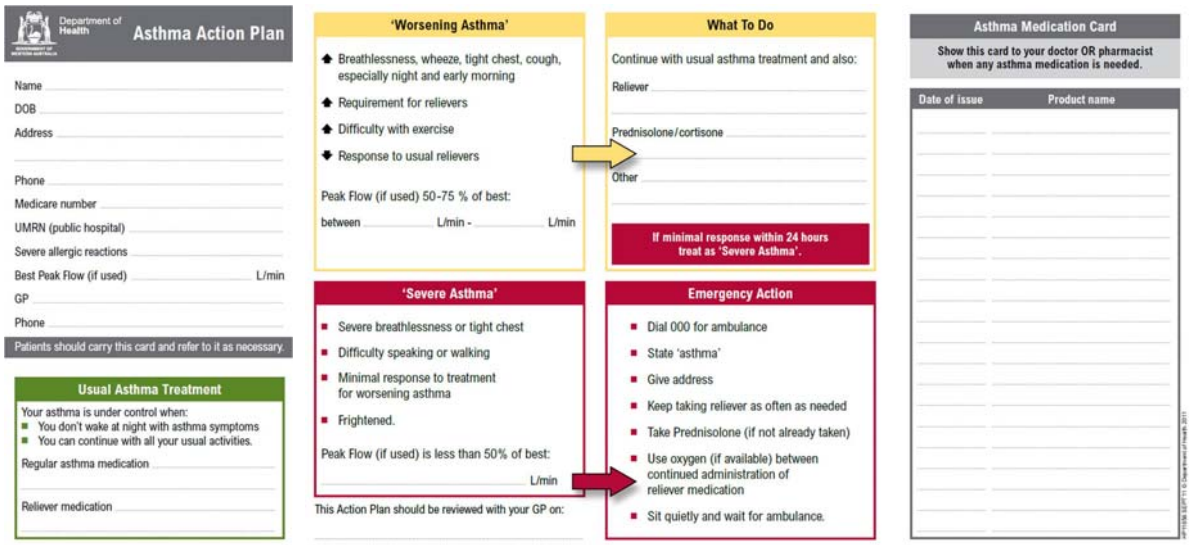
Fact Sheet for Consumers:
Asthma Action Plan

The Asthma Action Plan has been developed to provide people with asthma information and advice to manage their health.

Sample



Department of Health

Asthma Action Plan

Name
DOB
Address
Phone
Medicare number
UMRN (public hospital)
Severe allergic reactions
Best Peak Flow (if used) L/min
GP
Phone

Patients should carry this card and refer to it as necessary.

Usual Asthma Treatment

Your asthma is under control when:
- You don't wake at night with asthma symptoms
- You can continue with all your usual activities.

Regular asthma medication
Reliever medication

'Worsening Asthma'

- Breathlessness, wheeze, tight chest, cough, especially night and early morning
- Requirement for relievers
- Difficulty with exercise
- Response to usual relievers

Peak Flow (if used) 50-75 % of best:
between L/min - L/min

What To Do

Continue with usual asthma treatment and also:
Reliever
Prednisolone/cortisone
Other

If minimal response within 24 hours treat as 'Severe Asthma'.

'Severe Asthma'

- Severe breathlessness or tight chest
- Difficulty speaking or walking
- Minimal response to treatment for worsening asthma
- Frightened.

Peak Flow (if used) is less than 50% of best:
L/min

This Action Plan should be reviewed with your GP on:

Emergency Action

- Dial 000 for ambulance
- State 'asthma'
- Give address
- Keep taking reliever as often as needed
- Take Prednisolone (if not already taken)
- Use oxygen (if available) between continued administration of reliever medication
- Sit quietly and wait for ambulance.

Asthma Medication Card

Show this card to your doctor OR pharmacist when any asthma medication is needed.

Date of issue	Product name

Questions and Answers

What is the purpose of the Asthma Action Plan?	The Asthma Action Plan provides information and advice on your treatment and what to do when your condition worsens and you need to take action. The Asthma Action Plan also provides health professionals with information about your treatment. Please take the Asthma Action Plan with you whenever you visit your GP, pharmacist or other health professionals including in hospital.
Which health professional's name is written on the Asthma Action Plan?	The Asthma Action Plan includes the name of your GP.
What if my treatment/medication changes	If there is a change in your treatment you should request an update from your GP. If your reliever medication record is full or any of your details change then you should request a new Asthma Action Plan from your pharmacist. The details from the previous card should be transferred to the new Asthma Action Plan.
How do I get a replacement Asthma Action Plan if I need one?	You should contact your usual GP or pharmacist.