

Valid until:



### My asthma review:

My asthma plan was reviewed

By:

Date:

My vaccinations were reviewed

By:

Date:

My inhaler & spacer technique were reviewed

By:

Date:

### I know I am having an asthma attack when:

- I am coughing, or
- I am wheezing, or
- I am short of breath, or
- My chest is tight, or
- I am too breathless to finish a sentence, or
- My lips are turning blue, or
- Any combination of these.

### During an asthma attack:

- It is safe to take extra puffs of my reliever.
- I should use a spacer if possible.
- I should not lie down or let anyone put their arm around me as this will make it harder for me to breathe.

## Asthma Attack

Follow the 5 Step Rule

If you are having an asthma attack immediately follow the 5 Step Rule

1. Take 2 puffs of reliever inhaler, 1 puff at a time
2. Sit up and stay calm
3. Take slow steady breaths
4. If there is no improvement, take 1 puff of reliever inhaler every minute:
  - If I am over 6 years old I can take up to 10 puffs in 10 minutes
  - If I am under 6 years old I can take up to 6 puffs in 10 minutes
5. I call **999** or **112** if my symptoms do not improve after 10 minutes or I am worried. I repeat step 4 if an ambulance does not arrive within 10 minutes.



ASTHMA  
SOCIETY  
OF IRELAND

Asthma Adviceline: 1850 44 54 64

Tel: 01 817 8886

Text the nurse: 086 057 1838

www.asthma.ie | nurse@asthma.ie



## Asthma Action Plan

### About me:

Name:  DOB:

Address:

Next of Kin:

Contact Number:

GP:

GP Contact Number:

### About my asthma:

My controller inhaler is called

and its colour is

My reliever inhaler is called

and its colour is

Other asthma medicines I take every day are:

My normal best peak flow is

My triggers are:

## My Asthma is Controlled

### I know my asthma is controlled when:

- I am able to exercise and take part in school/work activities as usual.
- I have symptoms and need to take my reliever inhaler fewer than two times a week.
- My peak flow is at my normal best.

### When my asthma is controlled:

I take  puff/s of my controller inhaler in the morning and  puff/s at night. I **do this every day even if I feel well.**

I always rinse my mouth after I take my controller inhaler.

I take  puff/s of my reliever inhaler when I wheeze, cough, my chest hurts or it's hard to breathe.

**I always have my reliever inhaler with me.**

I use a spacer with my inhalers if I have one.

If running or exercise make it hard for me to breathe I take  puff/s of my inhaler 15 minutes before exercise.

## My Asthma is Partly Controlled

### I know my asthma is partly controlled when:

- I have some shortness of breath, or
- I cough, wheeze or my chest is tight and hurts, or
- My asthma is making it hard to exercise or take part in school/work activities, or
- I am waking up at night because of my asthma, or
- I feel like I have a cold or flu, or
- I need to take my reliever inhaler more than twice a week, or
- My peak flow is less than

### When my asthma is partly controlled:

I keep taking my controller medicines as normal.

I also take  puff/s of my  reliever inhaler every four hours.

If I am not improving I should visit my doctor or asthma nurse as soon as possible.

## My Asthma is Uncontrolled

### I know my asthma is uncontrolled when:

- My reliever inhaler is not helping, or
- I am breathing hard and fast, or
- I am coughing or wheezing a lot, or
- I cannot sleep at night because of my asthma, or
- My peak flow is less than

### When my asthma is uncontrolled:

I should take  puff/s of my reliever inhaler and visit my doctor or asthma nurse **immediately.**

If I am having an asthma attack I should follow the 5 Step Rule.

**I always use a spacer with my inhalers if I have one**

[www.asthma.ie](http://www.asthma.ie)

