# When I feel well Continue with usual medication

Always continue PREVENTER if prescribed

## When I have symptoms

Cough, wheeze, breathless, waking at night, symptoms interfering with day-to-day life

### Continue to use PREVENTER if prescribed

Use **RELIEVER** blue Salbutamol Inhaler: Take 4 puffs initially followed by 2 puffs every 2 minutes up to a maximum of 10 puffs every 4 hours.

If symptoms improve make an urgent GP appointment for within 48 hours.

If symptoms do not improve call 999 and follow advice for Asthma attack

### In an Asthma attack

My RELIEVER is not helping or I need it more than every
4 hours

### THIS IS AN EMERGENCY - TAKE ACTION NOW

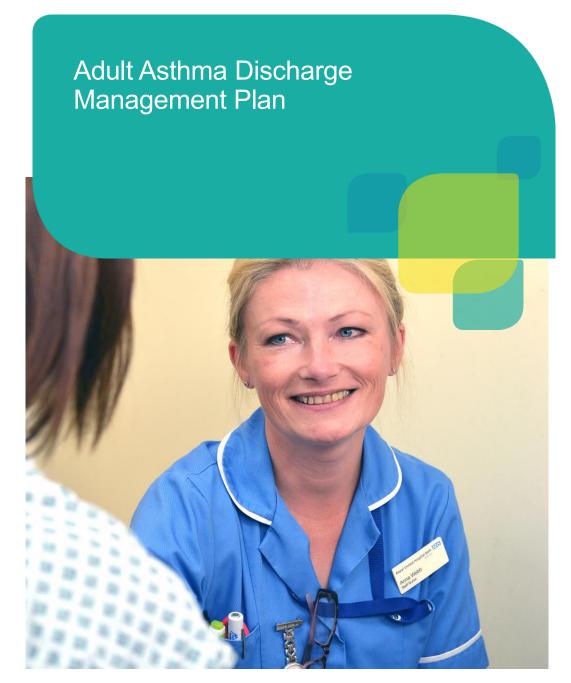
Sit up and try and remain calm, Use **RELIEVER** blue Salbutamol Inhaler 1 puff every 30-60 seconds up to 10 puffs. If not feeling better **call 999**.

If Ambulance not arrived within 15 minutes repeat 10 puffs Even if feeling better make same day GP appointment.

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# Asthma Management Plan

### You have been discharged on the following new medications

	Yes	No	Instructions
Prednisolone (oral steroids)			
Antibiotics			
Other medication:			

### Dose of Reliever (Salbutamol) via Spacer Blue inhaler

When you are discharged following an asthma attack, you will need more reliever medication than when you are well. This should be gradually reduced using the following guideline:

DAY 1: 6-8 puffs	4 times a day (every 5-6 hours) for 1 day
DAY 2: 4-6 puffs	4 times a day (every 5-6 hours) for 1 day
DAY 3: 4-6 puffs	twice a day (12 hourly) for 1 day
DAY 4: 2-4 puffs	twice a day (12 hourly) for 1 day

### **Preventer Inhaler**

Name & Colour	Strength		
How much	How often		

You should take your preventer medication every day even if you feel well as this will help prevent asthma symptoms.



#### **Peak Flow**

Му	personal	best	peak flow	is	(I/min)	)
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If my Peak flow drops below ....... (I/min) I should seek urgent medical advice

**Triggers** Some people have triggers that may be making their asthma worse. This includes smoking, pets, physical activity, cold air and certain medications i.e. ibuprofen. Please consider if any of these may be affecting you and avoid them where possible.

**Inhaler Technique** This should be reviewed prior to leaving the Emergency Department – please ask a member of staff if this has not been done.

Always use a spacer when taking your inhaler if possible.

**Follow up** You should arrange to see your GP or asthma nurse within 48 hours of attending the emergency department

I have booked my GP appointment for//	
at:	

Ask your GP/Asthma nurse for a written Asthma Action Plan – patients using a plan are 4 times less likely to be admitted to hospital

For advice and support – contact NHS 111 or Asthma UK 0300 222 5800 www.asthma.org.