

Adult Asthma Discharge Management Plan

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.

Royal United Hospitals Bath NHS Foundation Trust,
Combe Park, Bath BA1 3NG 01225 428331 www.ruh.nhs.uk



Asthma Management Plan

You have been discharged on the following new medications

	Yes	No	Instructions
Prednisolone (oral steroids)	<input type="checkbox"/>	<input type="checkbox"/>	
Antibiotics	<input type="checkbox"/>	<input type="checkbox"/>	
Other medication:	<input type="checkbox"/>	<input type="checkbox"/>	

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

My personal best peak flow is (l/min)

If my Peak flow drops below (l/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.