

How to recognise if your asthma is getting worse:

- Have you had difficulty sleeping because of your asthma symptoms (including coughing)?
- Have you had your usual asthma symptoms during the day (cough, wheeze, chest tightness or breathlessness)?
- Has your asthma interfered with your usual activities (e.g. housework, work or school)?

If you have answered 'yes' to one or more of the above, then arrange an asthma review with your GP or practice nurse.

See your nurse or GP once a year even when your asthma is well controlled. Take this plan to each visit so it can be updated. Take your symptom or peak flow diary to each visit.

Your local pharmacist is available to give asthma advice.

Get a copy of "Asthma Attacks and Emergency Care" from Asthma UK free of charge by calling the number overleaf

Do not stop taking your asthma medicines without talking to your doctor first.

For further information contact:

Asthma UK Scotland

www.asthma.org.uk

0300 222 5800 (Helpline)
Monday – Friday, 9am – 5pm

Chest Heart & Stroke Scotland

www.chss.org.uk

0808 801 0899 (Advice Line)
Monday – Friday, 9.30am – 4pm
(Free from landlines and mobiles)
advice@chss.org.uk

My Lungs, My Life

www.mylungsmylife.org

NHS Inform

www.nhsinform.co.uk

Quit Your Way Scotland

www.nhsinform.scot/campaigns/quit-your-way-scotland

0800 84 84 84 (Helpline run by NHS24)
Monday to Friday, 8am – 10pm
Saturday and Sunday, 9am – 5pm

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ASTHMA

Self-management plan

This plan is for adults with asthma. It shows how to recognise when your asthma is getting worse and what to do to improve it.

Name:

Date of birth:

CHI number:

GP contact number (Mon-Fri, 8am-6pm):

NHS24 contact number: 111

Respiratory/practice nurse service
contact number:

Date for review:

Best peak flow:

Green Zone



Your asthma is well controlled when:

- Your sleep is not disturbed by asthma symptoms (cough, wheeze, chest tightness or breathlessness)
- Your usual activities are not affected by asthma symptoms
- You have no asthma symptoms during the day
- Your peak flow reading is above

Action

Continue to take your usual asthma medicines:

Inhaler/ tablet name	Preparation/ Colour	Dose and frequency
Preventer – should be used every day, even when well		
Reliever – should be used if you have symptoms		
Other asthma medication		

Amber Zone



Your asthma is getting worse if:

- You have difficulty sleeping because of asthma symptoms (cough, wheeze, chest tightness or breathlessness)
- You have difficulty doing normal activities because of asthma symptoms
- You are using your reliever inhaler more or it lasts a shorter time
- Your peak flow is less than 80% of best.

Action

Take full dose of inhalers:

- Reliever up to 12 puffs daily
- Maximise dose of any other inhalers. If this does not help, contact your GP or nurse for advice.

If your symptoms do not improve within ____ days see your GP and start steroids as directed.

Take ____ steroid tablets (5mg each) immediately and again each morning for ____ days or as directed.

Always let your GP or nurse know if you have started taking your steroid tablets.

Red Zone



Asthma emergency:

- Your symptoms are getting worse (breathless, wheeze, cough or tight chest)
- You are too breathless to speak easily (cannot speak full sentences)
- Your blue reliever inhaler does not help
- Your peak flow reading is below 50% of best.

Action

- Get help – call 999 urgently
- Sit up and loosen tight clothing
- Take your reliever inhaler:
4 puffs to start and 1 puff every minute up to 20 puffs until symptoms improve or help arrives.