

My asthma triggers

Taking my asthma medicine every day will help reduce my reaction to these triggers. Avoiding the following triggers where possible will also help.

People with allergies need to be extra careful as asthma attacks can be more severe.

My asthma review

I should have at least one asthma review every year. At the review I will bring:

- any inhalers and spacers I have, to check I'm using them correctly and in the best way
- my action plan to see if it needs updating
- my peak flow meter if I use one
- any questions about my asthma and how to manage my symptoms.

Next asthma review date:

GP/asthma nurse contact

Name:

Phone number:

Out-of-hours contact number

Get help from NHS 111, you can:

- go to 111.nhs.uk
- call 111
- go to BSL interpreter service signvideo.co.uk/nhs111
- call 18001 111 on a textphone.

NHS 111 is available 24 hours a day, 7 days a week.

How to use my action plan

Your written asthma action plan can help you control your asthma symptoms. To get the most from your action plan you should:

- **Check it regularly** - put a note on your calendar or a monthly reminder on your phone to read it through. Are you remembering to use your everyday asthma medicines? Do you know what to do if your symptoms get worse?
- **Save it as a photo on your mobile phone or tablet** - so you can check it wherever you are. You can also send it to a family member or friend, so they know what to do if your asthma symptoms get worse.
- **Put it somewhere easy to find** - your fridge door, noticeboard or bedside table.
- **Take it to asthma appointments** - including hospital appointments. Ask your GP or asthma nurse to update it if their advice for you changes.

Get more advice + support from Asthma + Lung UK

Speak to a respiratory nurse specialist about managing your asthma: 0300 222 5800

Get news, advice and download information: AsthmaAndLung.org.uk

Message the specialist asthma nurses on Whatsapp: 07378 606728

Follow on Facebook for news and tips about your asthma: facebook.com/AsthmaLungUK

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References:

- Global Initiative For Asthma (GINA) - <https://ginasthma.org/>
- Electronic medicines compendium (emc) - www.medicines.org.uk/
- Asthma + Lung UK accessed at www.asthma.org.uk
- LSCMMG Asthma Treatment Guideline For Adults - www.lancsmmg.nhs.uk/



Lancashire and South Cumbria
Integrated Care Board

Practice Name

My Asthma Maintenance and Reliever Therapy (MART) Action Plan

For adults aged 18yrs and over

Name:

Date:

1 When I feel well:

My asthma is being managed well:

- With this daily routine I should expect/aim to have no symptoms.
- If I have not had any symptoms or needed to use my MART inhaler as a reliever for at least 12 weeks, I can ask my GP or asthma nurse to review my medicines in case they can reduce the dose.
- My personal best peak flow is:

My daily asthma routine:

I am on Maintenance and Reliever Therapy (MART)

My MART inhaler is a combination inhaler containing a steroid (a preventer) which reduces the underlying inflammation and sensitivity in the airways, as well as a long-acting reliever which relaxes tightened airways. The long-acting reliever also has fast-acting reliever properties and can therefore be used for both the relief of asthma symptoms as well as regular daily maintenance. A separate blue reliever inhaler is therefore not always necessary.

My MART inhaler & dose:

Choose an item.

Choose an item.

I take 1 puff of my MART inhaler whenever needed for relief of my asthma symptoms when:

- My chest feels tight
- I'm wheezing
- I'm finding it hard to breathe
- I'm coughing

I should always carry my MART inhaler with me to use as a reliever when needed.

Other medicines and devices I use (e.g. spacer, peak flow meter):

2 When I feel unwell:

My asthma is getting worse if I'm experiencing any of these:

- My symptoms are coming back (wheeze, tightness in my chest, feeling breathless, cough).
- I am waking up at night.
- My symptoms are interfering with my usual day-to-day activities (e.g. at work, exercising).
- I am using additional puffs of my MART inhaler three times a week or more.
- My peak flow drops to below:



URGENT! If you need your MART inhaler more than every four hours, you need to take emergency action now. See section 3 - In an asthma attack.

What I can do to get on top of my asthma now:

Choose an item.

I can take additional puffs as needed but no more than a maximum of **Choose an item.** puffs per day including my normal maintenance treatment.

Carry my MART inhaler with me when I'm out.



URGENT! See a doctor or nurse within 24 hours if you get worse at any time or you haven't improved after seven days.

Other advice from my GP about what to do if my asthma is worse (e.g. rescue steroid tablets):

3 In an asthma attack:

I'm having an asthma attack if I'm experiencing any of these:

- My MART inhaler is not helping or I need it more than every four hours.
- I find it difficult to walk or talk.
- I find it difficult to breathe.
- I'm wheezing a lot, or I have a very tight chest, or I'm coughing a lot.
- My peak flow is below:

What to do in an asthma attack

1. Sit up straight - try to keep calm.
2. I should take 1 puff of my MART Inhaler, then wait 1 -2 minutes and if there is no improvement take another puff, up to a maximum of **Choose an item.** additional puffs.

OR if I have a separate blue reliever inhaler and a spacer, I can take 1 puff of my reliever inhaler every 1-2 minutes up to 10 puffs, until help arrives or I start to feel better.

3. If you feel worse at any point **OR** you don't feel better **call 999 for an ambulance.** If the ambulance has not arrived after 10 minutes and your symptoms are not improving, **contact 999 again immediately.**

After an asthma attack

- If you dealt with your asthma attack at home, see your GP today.
- If you were treated in hospital, see your GP within 48 hours of being discharged.
- Finish any medicines they prescribe you, even if you start to feel better.
- If you don't improve after treatment, see your GP urgently.