

My Asthma Triggers

These things make my asthma worse:

Does playing, running or doing PE normally make it hard to breathe?

If yes, then I take ____ puffs of my insert colour reliever inhaler before I do these things.

Where can I find out more?

- Asthma UK advice line: 0800 121 62 44
- asthma.org.uk
- kickasthma.org.uk
- [patient.co.uk/doctor/management-of-](http://patient.co.uk/doctor/management-of-asthma)

My Asthma Review

I need to see my asthma nurse at least every 6 months.

My next asthma review is:-

This is how I can contact my doctor or asthma nurse:



My Asthma Plan



Name:



Chesterfield Royal Hospital
NHS Foundation Trust



My asthma medicines

My best peak flow is _____

My preventer inhaler is called _____

And its colour is _____.

I take ____ puffs in the morning and
____ puffs in the evening.

I need to take my preventer inhaler everyday even when I feel well.



My reliever inhaler is called _____

And its colour is _____.

I take ____ puffs of my reliever inhaler if any of these things happens:

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



Remember to take your inhalers with a spacer

Other medicines I take every day:



When my asthma gets worse

I will know my asthma is getting worse if I notice any of these:

- I have a cough, wheeze, it is hard to breathe or my chest hurts
- I am waking up at night because of my asthma
- I am taking my reliever inhaler everyday
- My peak flow is less than

When this happens:-

I keep taking my preventer medicines as normal.

I can also take ____ puffs of my insert colour reliever inhaler every 4 hours.



If I am not getting any better, I should see my doctor or asthma nurse today.

When I have an asthma attack

I am having an asthma attack if:

- My reliever inhaler is not helping
- I can't talk or walk easily
- I find it difficult to breathe
- I am coughing or wheezing a lot
- My peak flow is below

When this happens:

I should take ____ puffs of my insert colour reliever inhaler every 10 minutes (up to 10 puffs) until I feel better.

If I feel better, I should see my doctor or asthma nurse today

If I still do not feel better,
I need to call 999 now.



, I should take another 10 puffs of my insert colour reliever inhaler every 10 minutes until the ambulance arrives.

If you have a prescribed steroid plan please Follow as prescribed.