

# ASTHMA ACTION PLAN

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

<b>Asthma Severity</b> <input type="checkbox"/> Intermittent <input type="checkbox"/> Mild persistent <input type="checkbox"/> Moderate persistent <input type="checkbox"/> Severe persistent	<b>Allergies:</b> <input type="checkbox"/> Dust mites <input type="checkbox"/> Animals <input type="checkbox"/> Mold <input type="checkbox"/> Pollen Other: _____ <input type="checkbox"/> <b>Food allergies:</b> <input type="checkbox"/> <b>Medication allergies:</b>	<b>Other Triggers:</b> <input type="checkbox"/> Viral <input type="checkbox"/> Weather <input type="checkbox"/> Exercise <input type="checkbox"/> Smoke Other: _____	<input type="checkbox"/> Avoid asthma trigger(s) <input type="checkbox"/> No smoking in home or car <input type="checkbox"/> Inhaler technique reviewed <input type="checkbox"/> Flu shot in Fall																														
<b>Green Zone: I feel good</b>																																	
Take <b>CONTROLLER MEDICINE</b> every day to control your asthma – this may include allergy medicine.																																	
➤ Can work and play ➤ Can sleep at night ➤ No cough or wheeze  Peak Flow _____ to _____ (80%-100% of Personal Best)	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Medication</th> <th style="width: 25%;">Dose</th> <th style="width: 25%;">How Often</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/> <b>Asmanex</b> (mometasone)</td> <td><input type="checkbox"/> 110 mcg    <input type="checkbox"/> 220 mcg</td> <td>__ puff(s) __ time(s) per day</td> </tr> <tr> <td><input type="checkbox"/> <b>Flovent</b> (fluticasone)</td> <td><input type="checkbox"/> 44 mcg    <input type="checkbox"/> 110 mcg    <input type="checkbox"/> 220 mcg</td> <td>__ puff(s) __ time(s) per day</td> </tr> <tr> <td><input type="checkbox"/> <b>Pulmicort Respules</b> (budesonide)</td> <td><input type="checkbox"/> 0.25 mg    <input type="checkbox"/> 0.5 mg    <input type="checkbox"/> 1 mg</td> <td>__ time(s) per day</td> </tr> <tr> <td><input type="checkbox"/> <b>Pulmicort Flexhaler</b> (budesonide)</td> <td><input type="checkbox"/> 90 mcg    <input type="checkbox"/> 180 mcg</td> <td>__ puff(s) __ time(s) per day</td> </tr> <tr> <td><input type="checkbox"/> <b>QVAR</b> (beclomethasone)</td> <td><input type="checkbox"/> 40 mcg    <input type="checkbox"/> 80 mcg</td> <td>__ puff(s) __ time(s) per day</td> </tr> <tr> <td><input type="checkbox"/> <b>Advair Diskus</b> (fluticasone/salmeterol)</td> <td><input type="checkbox"/> 100/50    <input type="checkbox"/> 250/50    <input type="checkbox"/> 500/50</td> <td>1 puff twice daily</td> </tr> <tr> <td><input type="checkbox"/> <b>Advair HFA</b> (fluticasone/salmeterol)</td> <td><input type="checkbox"/> 45/21    <input type="checkbox"/> 115/21    <input type="checkbox"/> 230/21</td> <td>2 puffs 2 times per day</td> </tr> <tr> <td><input type="checkbox"/> <b>Symbicort</b> (budesonide/formoterol)</td> <td><input type="checkbox"/> 80/4.5    <input type="checkbox"/> 160/4.5</td> <td>2 puffs 2 times per day</td> </tr> <tr> <td><input type="checkbox"/> <b>Singulair</b> (montelukast)</td> <td><input type="checkbox"/> 4 mg    <input type="checkbox"/> 5 mg    <input type="checkbox"/> 10 mg</td> <td>daily</td> </tr> </tbody> </table>			Medication	Dose	How Often	<input type="checkbox"/> <b>Asmanex</b> (mometasone)	<input type="checkbox"/> 110 mcg <input type="checkbox"/> 220 mcg	__ puff(s) __ time(s) per day	<input type="checkbox"/> <b>Flovent</b> (fluticasone)	<input type="checkbox"/> 44 mcg <input type="checkbox"/> 110 mcg <input type="checkbox"/> 220 mcg	__ puff(s) __ time(s) per day	<input type="checkbox"/> <b>Pulmicort Respules</b> (budesonide)	<input type="checkbox"/> 0.25 mg <input type="checkbox"/> 0.5 mg <input type="checkbox"/> 1 mg	__ time(s) per day	<input type="checkbox"/> <b>Pulmicort Flexhaler</b> (budesonide)	<input type="checkbox"/> 90 mcg <input type="checkbox"/> 180 mcg	__ puff(s) __ time(s) per day	<input type="checkbox"/> <b>QVAR</b> (beclomethasone)	<input type="checkbox"/> 40 mcg <input type="checkbox"/> 80 mcg	__ puff(s) __ time(s) per day	<input type="checkbox"/> <b>Advair Diskus</b> (fluticasone/salmeterol)	<input type="checkbox"/> 100/50 <input type="checkbox"/> 250/50 <input type="checkbox"/> 500/50	1 puff twice daily	<input type="checkbox"/> <b>Advair HFA</b> (fluticasone/salmeterol)	<input type="checkbox"/> 45/21 <input type="checkbox"/> 115/21 <input type="checkbox"/> 230/21	2 puffs 2 times per day	<input type="checkbox"/> <b>Symbicort</b> (budesonide/formoterol)	<input type="checkbox"/> 80/4.5 <input type="checkbox"/> 160/4.5	2 puffs 2 times per day	<input type="checkbox"/> <b>Singulair</b> (montelukast)	<input type="checkbox"/> 4 mg <input type="checkbox"/> 5 mg <input type="checkbox"/> 10 mg	daily
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<input type="checkbox"/> <b>Albuterol</b> <input type="checkbox"/> <b>Xopenex</b> (levalbuterol) 2 puffs 10-20 minutes before exercise and prior to exposure to triggers. <b>Additional orders:</b>																																	
<b>Yellow Zone: I do not feel good</b>																																	
Keep taking Green Zone <b>CONTROLLER MEDICINES</b> . Take the following <b>RELIEVER MEDICINES</b> to keep asthma from getting worse.																																	
➤ At first sign of cold with cough ➤ Wake up at night with cough ➤ Wheeze, tight chest, or trouble breathing  Peak Flow _____ to _____ (50%-79% of Personal Best)	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Medication</th> <th style="width: 25%;">Dose</th> <th style="width: 25%;">How often</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/> <b>Albuterol Nebulizer</b></td> <td><input type="checkbox"/> 2.5 mg in 3 ml NS (premixed vial)</td> <td>Every 4 hours</td> </tr> <tr> <td><input type="checkbox"/> <b>Albuterol Inhaler</b></td> <td><input type="checkbox"/> 2 puffs</td> <td>Every 4 hours</td> </tr> <tr> <td><input type="checkbox"/> <b>Xopenex Nebulizer</b></td> <td><input type="checkbox"/> 0.31 mg    <input type="checkbox"/> 0.63 mg    <input type="checkbox"/> 1.25 mg</td> <td>Every 4 hours</td> </tr> <tr> <td><input type="checkbox"/> <b>Xopenex Inhaler</b></td> <td><input type="checkbox"/> 2 puffs</td> <td>Every 4 hours</td> </tr> </tbody> </table>			Medication	Dose	How often	<input type="checkbox"/> <b>Albuterol Nebulizer</b>	<input type="checkbox"/> 2.5 mg in 3 ml NS (premixed vial)	Every 4 hours	<input type="checkbox"/> <b>Albuterol Inhaler</b>	<input type="checkbox"/> 2 puffs	Every 4 hours	<input type="checkbox"/> <b>Xopenex Nebulizer</b>	<input type="checkbox"/> 0.31 mg <input type="checkbox"/> 0.63 mg <input type="checkbox"/> 1.25 mg	Every 4 hours	<input type="checkbox"/> <b>Xopenex Inhaler</b>	<input type="checkbox"/> 2 puffs	Every 4 hours															
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<b>Call or be seen if symptoms/peak flow are not improving after first 48 hours in the yellow zone, or if reliever medicine does not last 4 hours.</b>																																	
<b>Red Zone: I feel awful</b>																																	
Take these medicines NOW and call your health care provider. KEEP TAKING the GREEN and YELLOW ZONE MEDICINES.																																	
➤ Getting worse and meds not helping ➤ Breathing is hard and fast ➤ Coughs continuously  Peak Flow less than _____ (less than 50% of Personal Best)	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Medication</th> <th style="width: 25%;">Dose</th> <th style="width: 25%;">How often</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/> <b>Prednisone</b></td> <td>_____ mg</td> <td>__ tablet(s) __ time(s) daily for 5 days</td> </tr> <tr> <td><input type="checkbox"/> <b>Prednisolone Syrup</b></td> <td><input type="checkbox"/> 5 mg/5ml    <input type="checkbox"/> 15 mg/5ml</td> <td>__ ml __ times(s) daily for 5 days</td> </tr> <tr> <td><input type="checkbox"/> <b>Orapred disintegrating tablet(s)</b></td> <td><input type="checkbox"/> 10 mg    <input type="checkbox"/> 15 mg    <input type="checkbox"/> 30 mg</td> <td>__ tablet(s) __ time(s) daily for 5 days</td> </tr> </tbody> </table>			Medication	Dose	How often	<input type="checkbox"/> <b>Prednisone</b>	_____ mg	__ tablet(s) __ time(s) daily for 5 days	<input type="checkbox"/> <b>Prednisolone Syrup</b>	<input type="checkbox"/> 5 mg/5ml <input type="checkbox"/> 15 mg/5ml	__ ml __ times(s) daily for 5 days	<input type="checkbox"/> <b>Orapred disintegrating tablet(s)</b>	<input type="checkbox"/> 10 mg <input type="checkbox"/> 15 mg <input type="checkbox"/> 30 mg	__ tablet(s) __ time(s) daily for 5 days																		
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Increase above noted dose <input type="checkbox"/> <b>Albuterol</b> <input type="checkbox"/> <b>Xopenex</b> to every _____ hour(s) <b>Additional orders:</b>																																	
<b>If breathing does not improve and you cannot immediately contact your health care provider, go to the emergency room.</b> <b>Call 911 if:</b> <ul style="list-style-type: none"> <li style="width: 50%;">• you can't talk in full sentences</li> <li style="width: 50%;">• fingernails or lips are grey or blue</li> <li style="width: 50%;">• you can't get air</li> <li style="width: 50%;">• you are worried about getting through the next 30 minutes</li> </ul>																																	

Return to Clinic in: \_\_\_\_\_ days    \_\_\_\_\_ weeks    \_\_\_\_\_ months    \_\_\_\_\_ year

This form provides consent for school/day care to administer to my child the above medicine(s) as provided by parent or guardian and allows the child to carry the inhaler for which the provider has assessed ability and if approved by the school nurse.

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

Health Care Provider signature \_\_\_\_\_ Date \_\_\_\_\_ Clinic phone number \_\_\_\_\_



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# ***You can control your asthma***



Avoid your asthma triggers and develop a plan for treatment

**When you have asthma symptoms, your airways are:**

- swollen
- full of mucous
- smaller due to tight muscles

**Symptoms:**

- cough, often worse at night
- wheeze
- tight chest
- difficulty breathing
- problems exercising

**Action Plan:**

Based on symptoms and peak flow, follow the steps in your action plan.

**Medication:**

- take controller medicine every day even when you feel good
- take reliever medicine(s) with symptoms

**Environment:**

- know your asthma triggers
- reduce asthma triggers in your home
- create a smoke-free environment

**Asthma Goals:**

- no cough or wheeze
- be active
- sleep all night
- schedule regular asthma check ups