

### Asthma check-ups

It's really important that I see my doctor or asthma nurse for regular check-ups, at least every 12 months, even when I am well. I go more frequently if my asthma control is not good.

Date my Asthma Plan was completed ...../...../.....

Date of my next asthma review ...../...../.....

My best peak flow is ..... litres/min

### Spacers

Spacers make it much easier to use a puffer inhaler. They are the best way of getting the medicine down into my lungs. If I have one I will always use it, especially when I have a bad asthma attack and need lots of my blue inhaler.

### Triggers

Things that make my asthma worse and what you can do to help

.....  
.....  
.....  
.....

### Share this asthma plan with everyone who looks after me

- Take a photo and keep it on your mobile (and your child's mobile if they have one)
- Stick a copy on your fridge door

### Where can I find out more about asthma?

My doctor or asthma nurse are the best people to give advice on looking after my asthma. But there are lots of websites that give asthma information, and two good ones are:

- [www.asthma.org.uk](http://www.asthma.org.uk)
- [www.nhs.uk](http://www.nhs.uk)— type in the word “asthma” into the search box at the top right of the page

For more help and support you can also contact the

#### Asthma UK Advice-line

Call 0300 222 5800 (9am –5pm Mon—Fri)

or

Message on WhatsApp 07378 606 728

### Useful Contact Numbers

My GP Surgery: .....

Tel: .....

Out of hours: 111

#### The Princess Royal Hospital:

The Children's Assessment Unit  
01952 565918

The Children's Respiratory Nurse Specialists

01952 565931, 01952 565932, or 01952 641222 ext. 4003

Version 12

Publication Date

March 2020

Planned Revision Date

March 2022

# This Asthma Plan belongs to

.....

(Insert child's full name)

.....

(DOB

.....

NHS Number)



**Shrewsbury and Telford  
Hospitals NHS Trust**

**Telford and Wrekin Clinical  
Commissioning Group**

**Shropshire Clinical  
Commissioning Group**

## My asthma control is good

Perfect control means that I have no symptoms and I do not need to use my blue inhaler. If I am on a preventer treatment it's important to take this every day, even when I am well

## My Preventer Treatments

The medicine in my inhaler is called .....

The strength of my inhaler .....

The colour of my inhaler is .....

Every morning I take ..... Puffs

and in the evening ..... Puffs

Other asthma medicines I take are

.....

.....

.....

(name)

(dose)

(times a day)

## My Blue Reliever Inhaler

The medicine is called .....

I take 1 to 2 puffs when I wheeze or cough, or if my chest feels tight and it's hard to breathe.

It works in minutes & wears off in about 3-4 hours

**My blue reliever inhaler and spacer are kept with me, or are close by, at all times**

**Question:** Are you needing to take your blue inhaler more than three times per week? Or is asthma waking you more than one night per week?

**Advice:** This means your asthma is not well controlled & you need to talk to your doctor or asthma nurse.

## My asthma control is worse

**My asthma is getting worse if any of the following are happening**

- I have a cough or a wheeze and it's getting harder to breathe
- My chest is tight or hurts
- I am waking up at night because of my asthma
- 2 puffs of my blue inhaler doesn't help or it wears off after 2 or 3 hours
- My Peak Flow is less than.....litres/min

## When this happens

- I should increase my **Blue Inhaler**
- So I take 4 puffs every 4 hours, using my spacer
- If I am on a preventer treatment it's important that I carry on taking them regularly
- I will increase my preventer inhaler (if I have been advised to by my Doctor or nurse)

**This helps, and I don't need my reliever inhaler more than 24 hours**

I should be seen by my doctor or nurse for a review of my asthma as soon as possible

**This helps, but I don't get better in 24 hours**

I should continue to take 4 puffs every four hours and be seen by a doctor or nurse that day

**It doesn't help at all, or 4 puffs do not last for 2 to 3 hours**

Treat as an Asthma Attack

**Question:** Does running, playing or doing PE always make you wheezy?

**Advice:** Then try taking 1 or 2 puffs of blue inhaler before you exercise. If you need to take it again during exercise, talk to your nurse or doctor.

## When I have an asthma attack

**I may be having an asthma attack if any of the following are happening**

- 4 puffs of my Blue Inhaler is not helping at all or it wears off after 2-3 hours
- I can't walk, talk, eat or drink easily
- I am breathing hard and fast
- I am coughing or wheezing a lot, my chest is very tight or hurts a lot
- My peak flow is less than .....litres/min

## When this happens

I should take 2 puffs of my Blue Inhaler using my spacer every 2 minutes, up to 10 puffs, until I feel better

## I feel better

But I don't want this to happen again.

- I keep taking 4 – 10 puffs every 4 hours
- I need to see a doctor or asthma nurse today



## I don't feel better

I need to call 999 or see a doctor straight away

- **Call for help**
- Sit up
- I take up to 10 puffs every 15–30 minutes until help arrives or I start to feel better

