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My Asthma Care Plan

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Date of birth 05 Apr 2017. NHS number 718 246 6988

GREEN: Well Controlled

My asthma is under good control if:

- I have no or very few symptoms during the day and night
- I can do all the things I normally do without any symptoms.

What to do:

1. I take my BLUE reliever inhaler only when I need to if I'm wheezing, my chest feels tight, I'm finding it hard to breath or if I'm coughing. Remember to use a spacer if you have one.
2. If exercising makes my breathing worse, I take my reliever beforehand.
3. If I have a ORANGE preventer inhaler, I take this every day, even when I feel well

AMBER: Getting Worse

My asthma is getting worse if:

- I have a cough, wheeze, it is hard to breath or my chest hurts or feels tight, or
- I am waking up at night because of my asthma, or
- I am taking my reliever inhaler more than three times a week

When this happens, I should:

1. Keep taking my preventer medicines as normal (if I am prescribed these)
2. Take two puffs of my reliever inhalers every four hours until my symptoms improve

RED: Asthma Attack

I am having an asthma attack if:

- My reliever inhaler is not helping and or I need it more than every 4 hours, or
- I can't talk, walk or eat easily, or
- I'm breathing hard and fast, or
- I'm wheezing or coughing a lot, or I have a very tight chest, or

When this happens, I should:

1. Call for help
2. Sit up straight and try to be calm and take slow, try to be calm and take steady breathes
3. Take one puff of my reliever inhaler every 30-60seconds for up to a total of 10 puffs
4. If I feel better after this, I should see my GP or asthma nurse the same day
If I don't feel better (or I don't have my reliever inhaler) I should call 999. If an ambulance doesn't arrive within 15 minutes and I'm still not feeling better, then I should repeat step 3.