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My Asthma Care Plan

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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 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 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). I can double these temporarily.
2. Take two puffs of my reliever inhalers every four hours until my symptoms improve
3. If I don't improve within 24hours, I must make an appointment to see my GP or nurse.

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.