

# 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	<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
	<input type="checkbox"/> Food allergies: _____		
	<input type="checkbox"/> Medication allergies: _____		
	<b>Green Zone: I feel good</b> Take <b>CONTROLLER MEDICINE</b> every day to control your asthma – this may include allergy medicine.		

<b>Green Zone: I feel good</b> > Can work and play > Can sleep at night > No cough or wheeze  Peak Flow _____ to _____ (80%-100% of Personal Best)	<b>Take CONTROLLER MEDICINE every day to control your asthma – this may include allergy medicine.</b>		
	Medication	Dose	How Often
	<input type="checkbox"/> Asmanex (mometasone)	<input type="checkbox"/> 110 mcg <input type="checkbox"/> 220 mcg	___ puff(s) ___ time(s) per day
	<input type="checkbox"/> Flovent (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"/> Pulmicort Respules (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"/> Pulmicort Flexhaler (budesonide)	<input type="checkbox"/> 90 mcg <input type="checkbox"/> 180 mcg	___ puff(s) ___ time(s) per day
	<input type="checkbox"/> QVAR (beclomethasone)	<input type="checkbox"/> 40 mcg <input type="checkbox"/> 80 mcg	___ puff(s) ___ time(s) per day
	<input type="checkbox"/> Advair Diskus (fluticasone/salmeterol)	<input type="checkbox"/> 100/50 <input type="checkbox"/> 250/50 <input type="checkbox"/> 500/50	1 puff twice daily
	<input type="checkbox"/> Advair HFA (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"/> Dulera (mometasone/formoterol)	<input type="checkbox"/> 100 mcg <input type="checkbox"/> 200 mcg	2 puffs 2 times per day
	<input type="checkbox"/> Symbicort (budesonide/formoterol)	<input type="checkbox"/> 80/4.5 <input type="checkbox"/> 160/4.5	2 puffs 2 times per day
	<input type="checkbox"/> Singulair (montelukast)	<input type="checkbox"/> 4 mg <input type="checkbox"/> 5 mg <input type="checkbox"/> 10 mg	daily
	<input type="checkbox"/> Albuterol <input type="checkbox"/> Xopenex (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.
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> 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)	<b>Keep taking Green Zone CONTROLLER MEDICINES. Take the following RELIEVER MEDICINES to keep asthma from getting worse.</b>		
	Medication	Dose	How often
	<input type="checkbox"/> Albuterol Nebulizer	<input type="checkbox"/> 2.5 mg in 3 ml NS (premixed vial)	Every 4 hours
	<input type="checkbox"/> Albuterol Inhaler	<input type="checkbox"/> 2 puffs	Every 4 hours
	<input type="checkbox"/> Xopenex Nebulizer	<input type="checkbox"/> 0.31 mg <input type="checkbox"/> 0.63 mg <input type="checkbox"/> 1.25 mg	Every 4 hours
<input type="checkbox"/> Xopenex Inhaler	<input type="checkbox"/> 2 puffs	Every 4 hours	
<b>Additional orders:</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>Red Zone: I feel awful</b>	Take these medicines <b>NOW</b> and call your health care provider. <b>KEEP TAKING</b> the GREEN and YELLOW ZONE MEDICINES.
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> Getting worse and meds not helping > Breathing is hard and fast > Coughs continuously  Peak Flow less than _____ (less than 50% of Personal Best)	<b>Take these medicines NOW and call your health care provider. KEEP TAKING the GREEN and YELLOW ZONE MEDICINES.</b>		
	Medication	Dose	How often
	<input type="checkbox"/> Prednisone	_____ mg	___ tablet(s) ___ time(s) daily for 5 days
	<input type="checkbox"/> Prednisolone Syrup	<input type="checkbox"/> 5 mg/5ml <input type="checkbox"/> 15 mg/5ml	___ ml ___ times(s) daily for 5 days
	<input type="checkbox"/> Orapred disintegrating tablet(s)	<input type="checkbox"/> 10 mg <input type="checkbox"/> 15 mg <input type="checkbox"/> 30 mg	___ tablet(s) ___ time(s) daily for 5 days
Increase above noted dose <input type="checkbox"/> Albuterol <input type="checkbox"/> Xopenex    to every _____ hour(s)			
<b>Additional orders:</b> _____ _____			

If breathing does not improve and you cannot immediately contact your health care provider, go to the emergency room.

*Call 911 if:*

- you can't talk in full sentences
- fingernails or lips are grey or blue
- you can't get air
- you are worried about getting through the next 30 minutes

**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. Plan given and reviewed with patient and/or parent.

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