

# Asthma Action Plan

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

Physician or Clinic: \_\_\_\_\_ Phone Number: ( ) \_\_\_\_\_ - \_\_\_\_\_

## GREEN ZONE Doing Well



- No coughing, wheezing, or difficulty breathing
- Can do usual activities

**OR**

- if a peak flow meter is used, your peak flow is at least: \_\_\_\_\_
- (80% or more of best\* peak flow)
- Best\* peak flow: \_\_\_\_\_

(\*This is the personal best peak flow that you have consistently reached when doing well in the past year.)

**Personal Asthma Goal:** \_\_\_\_\_

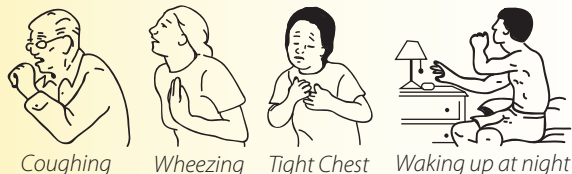
**Take these medicines every day for long-term control:**

Name of medication: \_\_\_\_\_ How much to take: \_\_\_\_\_ How often (or when): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- For metered dose inhalers, use of a spacer with valve is recommended.
- Avoid tobacco smoke and what you are allergic to (if unknown, discuss tests with your doctor).
- See your doctor every 3 to 6 months for preventive care.
- Take 2 puffs of quick relief medication 10-60 minutes before exercise, if needed.

## YELLOW ZONE Caution



- Coughing, or wheezing, or shortness of breath, or
- Nighttime awakenings with symptoms

**OR**

- Peak flow is between \_\_\_\_\_ and \_\_\_\_\_ (50% to 80% of best)

**Take your GREEN ZONE meds *plus* for quick symptom relief take:**

Name of medication: \_\_\_\_\_ How much to take: \_\_\_\_\_ How often (or when): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**If you have been in the yellow zone for over 24 hours, call your doctor.**

## RED ZONE Medical Alert!



- Short of breath, difficulty talking, coughing or wheezing not helped with medications, or
- Cannot do activities, or
- Not responding to quick relief medication

**OR**

- Peak flow less than \_\_\_\_\_ (50% of best)

## IF EXTREMELY SHORT OF BREATH, CALL 911 IMMEDIATELY.

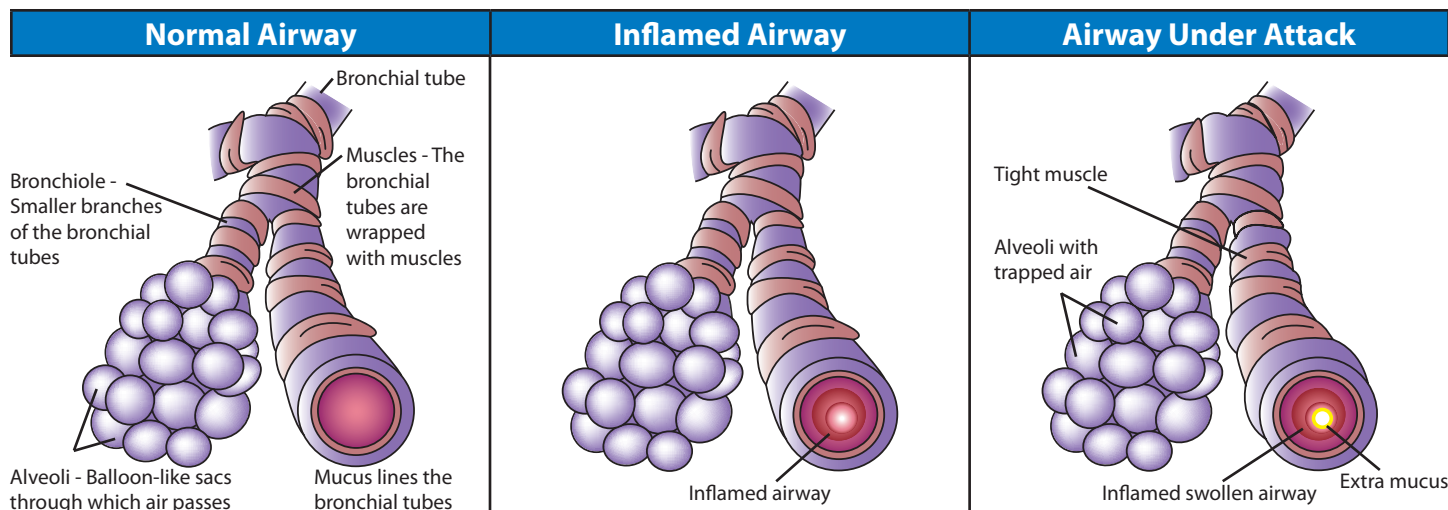
You can repeat your quick relief medication every 20 minutes for a total of 3 doses while you go to the doctor's office or emergency department.

You can also start \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Asthma

## Patient Handout



### Asthma

**Asthma** occurs when the airways in the lungs become inflamed (swollen) and constrict (become smaller), making breathing difficult. No two people with asthma are alike. Asthma *symptoms* may come and go, but the *asthma condition* never completely goes away.

#### Asthma affects the airways in three ways:

- 1) All people with asthma have **inflammation (irritation and swelling)** of the lining of the airways. When the airway lining is inflamed, there is less room for air to flow in and out.
- 2) **Bronchospasm** is caused by a tightening of the muscles that surround the airways. This narrows the airway and prevents air from getting in or leaving the lungs.
- 3) **Extra mucus** is produced and often blocks the airways.

**Asthma triggers** are anything that can make asthma worse. Each person has his or her own types of triggers. These include: • Tobacco smoke • Viral infections in the lungs (colds, bronchitis, flu) • Exercise • Perfumes and other strong odors • Cold air • Air pollution • Weather/climate changes • Pollens • House dust • Molds • Animal dander

Many people with asthma need **daily asthma control medicine** to manage symptoms and prevent flare-ups. The best asthma control medicine is an **inhaled steroid** because it treats the inflammation of the airways. **This medicine must be taken every day as prescribed by the doctor to keep asthma under control.**

### Tools for Managing Asthma

- » **Healthcare Provider:** Partner with them to manage your asthma and see them at least once a year.
- » **Medicine:** 1) *Take the inhaled steroid control medicine every day* as prescribed by your doctor, whether you are having symptoms or not, 2) Limit the use of a quick relief medicine such as albuterol to acute symptoms and to pretreat for exercise when that is a trigger.
- » **Limit tobacco smoke exposure:** 1) *Quit smoking:* call the Colorado QuitLine (1-800-QUITNOW) and ask your healthcare provider about other resources to help you quit, 2) *Keep the home and car smoke-free* and avoid smoke exposure of any type.
- » **Control the environment:** recognize triggers and talk to your healthcare provider about ways to avoid them.
- » **Written Asthma Action Plan:** Ask your healthcare provider to complete the Asthma Action Plan on the back of this page to tell you what to do daily and what to do in case of an asthma flare-up.
- » **Peak flow meter:** Use it to measure how much the airways are open or narrow. The peak flow number is used as part of the Asthma Action Plan to help manage asthma.
- » **Spirometry:** Shows how well your lungs are functioning. This test should be done by your healthcare provider at least once a year.
- » **Allergy tests:** Show what you are allergic to so you can reduce exposure and get treatment.