

## ASTHMA ACTION PLAN

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

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

Current Medications:

	inhaled steroid
	bronchodilator, reliever

Measure your peak flow rate both morning and evening and when feeling more breathless than usual. Make adjustments in your medication schedule as follows:

- 1) Continue regular meds when you feel well and peak flow is >85% of your personal best.
- 2) When peak flow is 70-85% of your personal best, cough is now a problem, or you anticipate exposure to one of your "trigger factors" (e.g. flu going around home/work, hay fever season, sudden change in weather), make the following changes:
  - double your inhaled steroid inhaler/nebulizer
  - use your bronchodilator every 4 hours as needed for relief of symptoms
- 3) When peak flow <70% of your personal best, you are awakening at night due to asthma, or you are needing your rescue medication more than every 4 hours, notify us, then:
  - begin oral steroids (prednisone, Orapred), twice a day (take with a meal), until peak flow returns to >85% of personal best.
  - then once daily for equal number of days.
- 4) When peak flow <50% of your personal best, or you are not improved after 2-3 days of prednisone, contact your doctor here at *Windom Allergy* urgently.