

ASTHMA MANAGEMENT PLAN (SYMPTOMS) MATER ADULT HOSPITAL

1. WELL CONTROLLED ASTHMA

Your asthma is well controlled when you are using minimal reliever medication; sleeping through the night without reliever and managing exercise.

Reliever medication _____ doses as necessary

Preventer medication _____ doses _____ times a day

Other medication _____

2. MINOR ASTHMA FLARE

If you get a cold or virus or find yourself waking at night or find you are needing your reliever medication more than usual

Reliever medication _____ doses every 4-6 hours

Preventer medication _____ doses _____ times a day

Usually the increased dose should be taken for 1-2 weeks before going back to usual medication

3. MAJOR ASTHMA FLARE

If this is not working (NB if reliever medication not working) or you are getting worse rapidly

Take: Reliever medication _____ doses every 4-6 hours

Also take Prednisone 25mg tablets 2 immediately and contact your local doctor

Usual treatment will be: 2x25 prednisone tablets daily after breakfast for 3 days; 1 daily for three days; 1/2 daily for three days then cease. Continue usual preventer medication.

If you are very breathless and not settling, take 2 x 25mg prednisone, have 4-8 puffs of reliever every 1/2 hour by spacer and come to a hospital emergency department - if necessary by ambulance

The secret of excellent asthma control is to take
preventer medication regularly