

ASTHMA MANAGEMENT PLAN (PEAK FLOW MONITORING)

Important peak flow levels*

TARGET PEAK FLOW = greater than

ACTION LEVEL = less than

EMERGENCY LEVEL = less than

**note all peak flow values are "morning, BEFORE reliever "*

Well controlled asthma:

1. Not waking at night with asthma.
2. Not needing (ie Relieving medication) more than time(s) daily (\pm one more before sport).
3. Able to exercise after (ie Relieving medication) without getting too short of breath.
4. Morning pre treatment peak flow value better than TARGET level

If asthma is well controlled, you are not changing medication and not coming for review, there is no need to do peak flows.

If any signs of worsening asthma, check peak flow.

Action Plan

Step 1

If over 6 hours, peak flow is consistently less than (ACTION LEVEL) - double (preventive medication) ie to

Maintain this higher dose for two weeks.

Step 2

If this is not working OR if peak flow is consistently less than (EMERGENCY LEVEL) after take Prednisone mg immediately and mg each morning till peak flow is back to

Cease Prednisone then but keep double preventive medication dose going for another two weeks.

**ALWAYS let your GP or asthma doctor know if you have reached the emergency level.
If you have any problems please seek emergency help from a hospital emergency department.**



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