

ASTHMA Adult Action Plan

Dr's. Name:	Which Zone Are You in Today?	Dr's. Phone no.:
	GREEN YELLOW or RED	

GREEN	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>You are doing well</p> <p>SYMPTOMS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> No shortness of breath. <input type="checkbox"/> No cough or wheeze. <input type="checkbox"/> Can work or play. <input type="checkbox"/> No trouble sleeping. </div> <div style="width: 50%;"> <p>For you to do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take your daily medicines. <input type="checkbox"/> Eat healthy foods. <input type="checkbox"/> Be active every day. (Get up and do things). <input type="checkbox"/> Balance activity with rest periods. <input type="checkbox"/> Do not smoke. </div> </div>
YELLOW	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>You are feeling worse</p> <p>SYMPTOMS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> More shortness of breath. <input type="checkbox"/> Cough, wheezing, or tight chest. <input type="checkbox"/> Problems working or playing. <input type="checkbox"/> Exposed to trigger. <input type="checkbox"/> Sleeping poorly, wake at night coughing. </div> <div style="width: 50%;"> <p>For you to do:</p> <p>First:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take Albuterol – 2-4 puffs with spacer or 1 nebulizer 1-3 times in the first hour. <div style="border: 1px solid black; background-color: #FFD700; padding: 5px; text-align: center; margin: 10px 0;"> <p>Call your doctor or nurse if not in the Green zone after 1 hour!</p> </div> <p>Next: If asthma is better after the first hour:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take Albuterol – 2-4 puffs with spacer or 1 nebulizer every 4 hours. <p>Call your doctor or nurse if:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Albuterol is needed more often than every 4 hours. <input type="checkbox"/> Albuterol is needed every 4 hours for more than one day. </div> </div> <div style="background-color: #FFD700; padding: 5px; text-align: center; margin-top: 10px;"> <p>If the above measures are not helpful, call your doctor or consider starting an oral steroid.</p> </div>
RED	<div style="background-color: #DC143C; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: 18px;"> <p>MEDICAL ALERT — This is an Emergency!</p> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 45%;"> <p>SYMPTOMS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lots of problems breathing. <input type="checkbox"/> Cannot work or play. <input type="checkbox"/> Getting worse instead of better. <input type="checkbox"/> Medicine not helping. </div> <div style="width: 50%;"> <p>Get Help Right Away!</p> <p>First:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take Albuterol now – 6 puffs with spacer or 1 nebulizer 1-3 times in the first hour. <p style="text-align: center; font-weight: bold; font-size: 18px;">and CALL 911 or</p> <p style="text-align: center; font-weight: bold; font-size: 18px;">Go to the Emergency Room</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start oral steroid (Prednisone or Orapred) if available. </div> </div>

How Much Do You Know About Asthma?

When you breathe, air goes in and out of your lungs through tubes called airways. Asthma causes changes in your airways that can make it hard to breathe.

What does asthma feel like?

The main symptoms of asthma are:

- Coughing—with or without mucus
- Wheezing—a whistling noise when you breathe
- Chest tightness—a feeling that something is squeezing or sitting on your chest
- Shortness of breath—not being able to catch your breath

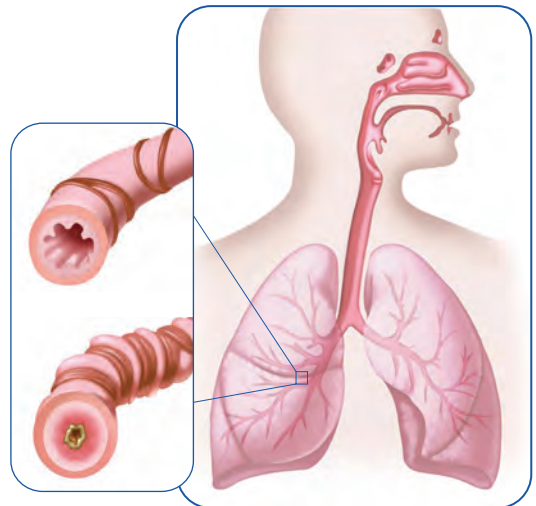
What happens when you have asthma symptoms?

Two main things happen when you have symptoms:

- 1 The airways swell and fill with mucus
- 2 The muscles around the airways tighten. This makes the airways smaller

Normal airway is wide open—breathing is easy

Airway with asthma is swollen, narrow, and filled with mucus—breathing is hard



Will my asthma go away?

- Asthma is a long-term disease that can't be cured—but it can be treated
- With proper treatment, you can enjoy doing the things you want to do!
- Asthma is present, even when you have mild or no symptoms. That's why it's important to do all you can to prevent symptoms before they appear

Remember, you can make a difference in your asthma care.
Talk with your healthcare provider to make sure you are doing all
you can to prevent your asthma symptoms.



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Asthma Triggers

Pay attention to things that seem to make your asthma worse—these are called triggers. Avoid these triggers if you can. Talk with your healthcare provider if you have any questions about your asthma or your triggers.



Smoke

- If you smoke, get help to quit
- Don't allow smoking in the house or car
- Make sure wood-burning stoves and fireplaces are well ventilated, or avoid use, if possible



Dust Mites

- Keep mattresses and pillows in dust mite-proof covers
- Wash your sheets and blankets each week. Use very hot water
- Remove stuffed toys from the bedroom, or wash them weekly in hot water
- Vacuuming may stir up dust. Stay out of rooms that are being vacuumed
- Take rugs and carpets out of the bedroom



Cockroaches

- Don't keep food in your bedroom
- Keep food and trash sealed



Pollen

- Stay inside and keep windows closed when pollen levels are high



Exercise

- Ask your doctor if you should take asthma medicine before you exercise
- Warm up before you exercise



Strong Odors

- Avoid perfume, powders, aerosol sprays like hair spray or insect spray, and strong-smelling cleaning products



Weather

- On cold days, cover your nose and mouth with a scarf to avoid breathing in cold air



Pets

- Keep pets with fur or feathers out of your bedroom, or home, if possible
- Give your pets a bath to reduce dander



Mold

- Fix leaky faucets and pipes
- Clean moldy areas, including shower curtains
- Keep basement areas dry



Colds

- Avoid people with colds
- Get plenty of rest
- Drink plenty of fluids



Stress

- Try to stay calm and breathe slowly
- Focus on things that keep you calm or happy

If you can't stay away from your triggers, talk with your healthcare provider to find ways to manage them.



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Using an Inhaler for Asthma

An inhaler delivers medicine directly to your lungs. There are many kinds of inhalers. One kind of inhaler is a metered-dose inhaler. Your healthcare provider will choose the kind that works best for you.

How to Use a Metered-Dose Inhaler*:

- 1 Open the inhaler (take the cap off).
- 2 Hold the inhaler with the mouthpiece towards you.
- 3 Check for and remove any loose objects in the inhaler.
- 4 Shake the inhaler (if recommended by inhaler instructions).
- 5 Breathe out all the way through your mouth.
- 6 Put the mouthpiece in your mouth and close your lips around it (as shown in the picture).
- 7 Use one dose of inhaler while you breathe in deeply and slowly through your mouth.
- 8 Remove the inhaler from your mouth.
- 9 Hold your breath to the count of 10 or for as long as is comfortable. This allows the medicine time to get into your airways.
- 10 Breathe out normally.
- 11 Wait about 1 minute, prepare inhaler for next dose, and repeat these steps—as instructed by your provider.
- 12 If your inhaler is a corticosteroid medicine, rinse your mouth with water and spit out the rinse. Do not swallow it.



Show your healthcare provider how you use your inhaler
to make sure you are using it correctly.

*You may need to prime your inhaler before using. To learn about this and how to use and care for your inhaler, always follow the instructions that come with your inhaler.



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Using a Spacer With Your Inhaler

A spacer is a hollow tube that attaches to your metered-dose inhaler. It slows down the delivery of your inhaled asthma medicine by “holding” it in the tube until you are able to breathe it in. A spacer can make it easier for some people to take their inhaler medicine correctly.

Spacers can help children and adults get the most from their inhaled asthma medicine. Your healthcare provider will tell you if you should use a spacer. Spacers should not be used with dry-powder inhalers.

- You need a prescription from your provider to get a spacer from your pharmacy
- Spacers come in different sizes and shapes. Your provider can tell you which spacer is best for you. Ask your provider to show you exactly how to use your spacer
- These pictures show some of the different types of spacers



Keep your spacer clean

Medicine can build up inside the spacer. Cleaning your spacer often will help to make sure it works correctly.

To clean your spacer, follow the instructions that come with it. Talk with your provider or ask at your pharmacy if you have questions. Ask about when and exactly how to clean your spacer.

If you use a spacer, show your provider how you use it with your inhaler. This will help you know if you are using them correctly.



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Asthma Medicine

There are 2 main types of medicine for asthma.

Daily Preventive Asthma Medicine

- Take it every day, even when you feel fine, as directed by your healthcare provider
- Take it to help prevent asthma symptoms

Rescue Medicine

- Most often taken as a **rescue inhaler**
- Take your rescue inhaler when you have sudden asthma symptoms

About Your Daily Preventive Asthma Medicine

Daily preventive asthma medicine taken with an inhaler includes:

- Inhaled corticosteroid
- Inhaled corticosteroid combined with a long-acting bronchodilator. Your provider may tell you to take this if you still have asthma symptoms while taking an inhaled corticosteroid

Daily preventive asthma medicine taken as pills includes:

- Leukotriene modifier
- Theophylline
- These medicines are used to prevent asthma symptoms. Do not use these medicines for sudden asthma symptoms
- Daily preventive asthma medicine helps to reduce swelling inside the airways or relax the airway muscles
- Over time, your provider may stop, change, or add daily preventive asthma medicines
- Talk with your provider before you make any medicine changes

Tip: Take your daily preventive asthma medicine at the same time every day, as directed by your provider.

About Your Rescue Medicine

- Everyone with asthma needs a rescue medicine, such as a rescue inhaler
- A rescue inhaler helps to open your airways when you have sudden asthma symptoms

Rescue inhaler medicine includes:

- Albuterol
- Levalbuterol
- Pirbuterol

Tip: Keep your rescue inhaler with you at all times.

Helpful tips when taking your asthma medicines

- If you use your rescue inhaler, circle that day on a calendar
 - Write down how many times you used it
 - Tell your healthcare provider if you use it more than 2 days in a week
- Develop an asthma action plan with your provider at your next visit
 - Asthma symptoms can change from day to day
 - An asthma action plan helps you know what to do when you have asthma symptoms, and should tell you:
 - What medicines to take
 - How much to take
 - When to take them
 - When to get help

What about steroids and asthma?

- The steroids used for asthma are NOT the same as the steroids some people use to build muscle
- You may take a type of steroid called an inhaled corticosteroid every day as a daily preventive asthma medicine. This helps reduce swelling in the airways, which helps relieve asthma symptoms such as coughing and wheezing
- In some cases, corticosteroids are taken as pills or liquids for a short time if asthma symptoms are severe
- Take any asthma medicine as directed by your provider

REMEMBER: Talk with your healthcare provider at each visit about your asthma medicine and your asthma symptoms.



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HOW TO USE A NEBULIZER



A nebulizer (sometimes referred to as a breathing machine) turns your asthma medicine into a mist. It is easy and pleasant to breathe the medicine into your lungs this way. If you use a nebulizer, your asthma medicines will come in liquid form.

With a nebulizer, medicine goes into your lungs when you take **slow, deep breaths** for 10 to 15 minutes. You can attach either a soft mask or a mouthpiece on your nebulizer to make it more comfortable to use.

You need electricity to run a nebulizer. Most nebulizers plug into a wall socket, but some can run on batteries. Most nebulizers use an air compressor. A different kind uses sound vibrations. These are called “ultrasonic nebulizers.” They are quieter, but they cost more money.

Steps to set up and use your nebulizer:

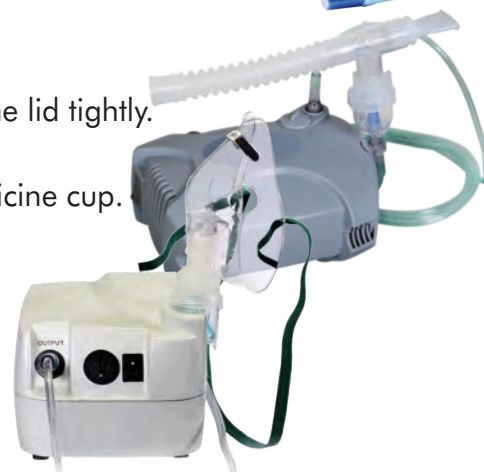
Always wash your hands before setting up your nebulizer

1. Connect one end of the hose to the nebulizer.
2. Fill the medicine cup with your asthma medicine and close the lid tightly.
3. Attach the other end of the hose and mouthpiece to the medicine cup.
4. Place the mouthpiece in mouth. Breathe through your mouth. Some people use a nose clip to help them breathe only through their mouth. If you are using a mask, place it over your mouth and adjust the strap so it fits securely.
5. Turn on the nebulizer. Once on, you will see the vapors rising from the mouthpiece or mask. Breathe through your mouth with slow deep breaths until all the medicine is used. If you are using a mask, breathe normally. It could take 10 to 15 minutes. A sputtering noise from the nebulizer will tell you that the treatment is nearing an end.

Note:

Many patients with asthma do not need to use a nebulizer.

Another way to get your medicine is with an inhaler. Inhalers work just as well, and are easier to use.



Turn page over to see how to clean your nebulizer

HOW TO CLEAN A NEBULIZER

You should clean your nebulizer every time you use it. Keeping it clean will not only prevent clogs and the spread of germs and bacteria, but will also help your machine last longer.

Steps to clean your nebulizer:

1.

Turn off your nebulizer and remove the hose from the medicine cup. The hose **should not be washed, instead it should be replaced** when it looks cloudy or isn't attaching securely to the nebulizer or the medicine cup securely.



2.

Wash the mouthpiece or mask and cup in hot soapy water or soak in a solution of one part vinegar to three parts water.



3.

Rinse thoroughly. Shake the pieces to remove excess water and let them air dry on a clean paper towel.

4.

When the pieces are mostly dry, connect the hose to the medicine cup and close the lid. Connect the hose to the nebulizer. Run the nebulizer for 20 seconds to finish drying the pieces. Remember to attach the mask or mouthpiece before you use the nebulizer again.

5.

Use a damp, soapy cloth or disinfectant wipes to clean the surface of the nebulizer machine. Cover the machine until its next use.