

Asthma Action Plan

Directions to the Healthcare Professional:

The purpose of this Asthma Action Plan is to help patients become proactive, anticipate asthma symptoms, and control their asthma. The Asthma Action Plan should be used as an education and communication tool between the healthcare professional and the patient and his or her family. The patient/family should be able to demonstrate an understanding of the plan and the appropriate use of medicines.

This form has been designed for the primary care provider to use with families who need a relatively simple asthma management regimen. Once a family have become more informed about asthma, a plan can be developed with additional flexibility in treatment.

Families should be given additional educational materials about asthma, peak flow monitoring, and environmental control. A spacer should be considered for all patients with difficulty using an MDI.

Zone Instructions:

The “Personal Best” peak flow should be determined when the patient is symptom-free and on optimal therapy. A journal can be used to determine Personal Best, and is usually part of the peak flow meter package. A peak flow reading should be taken at all asthma visits and Personal Best should be determined regularly. Because peak flow meters vary in recording peak flow, instruct your patients to bring their peak flow meter to every visit.

Green: List all daily medicines. Fill in actual numbers, not percentages, for peak flow readings. The green zone is $\geq 80\%$ of Personal Best when no symptoms are present.

Yellow: Add medicines to be taken in the yellow zone and instruct the patient to continue with green zone medicines. The yellow zone is 50%-79% of Personal Best, or when the listed symptoms are present. Include how long to continue taking these medicines and when to contact the healthcare professional.

Red: List any medicines to be taken while waiting to speak to the healthcare professional or preparing to go to the emergency room. The red zone is $< 50\%$ of Personal Best, or when the listed symptoms are present.

Peak Flow Chart:

Personal Best	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320
Yellow (< 80%)	80	90	95	105	110	120	130	135	145	150	160	170	175	185	190	200	210	215	225	230	240	250	255
Red (< 50%)	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160

Personal Best	330	340	350	360	370	380	390	400	420	440	460	480	500	520	540	560	580	600	620	640	660	680	700
Yellow (< 80%)	265	270	280	290	295	305	310	325	335	350	370	385	400	415	430	450	465	480	495	510	535	545	560
Red (< 50%)	165	170	175	180	185	190	195	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350

Asthma Action Plan

Name	Date
Healthcare Professional	Medical Record #
Healthcare Professional's Office Phone Number: Day _____ Night/Weekend _____	
Emergency Contact _____	
Healthcare Professional's Signature _____	



The colors of a traffic light will help you use your asthma medicines.

Green means Go Zone!
Use controller medicines.

Yellow means Caution Zone!
Add additional medicines.

Red means Danger Zone! Get help from a healthcare professional.

Personal Best Peak Flow _____

GO

You have all of these:

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work and play

Peak
flow from

to

Use this daily controller medicine:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

For symptoms with exercise, take:

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CAUTION

You have any of these:

- Symptoms of a cold
- Exposure to known trigger
- Cough
- Mild wheeze
- Tight chest
- Coughing at night

Peak
flow from

to

Continue with green zone medicine and add:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

CALL YOUR HEALTHCARE PROFESSIONAL.

DANGER

Your asthma is getting worse fast:

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Can't talk well

Peak
flow from

to

Take this medicine and seek medical help now:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

Get help from a healthcare professional now! Do not be afraid of causing a fuss. It's important! If you can't contact your healthcare professional, go directly to the emergency room. DO NOT WAIT. Make an appointment with your healthcare professional within two days of an ER visit or hospitalization.