

## How to recognise if your asthma is getting worse:

- Have you had difficulty sleeping because of your asthma symptoms (including coughing)?
- Have you had your usual asthma symptoms during the day (cough, wheeze, chest tightness or breathlessness)?
- Has your asthma interfered with your usual activities (e.g. housework, work or school)?

**If you have answered 'yes' to one or more of the above, then arrange an asthma review with your GP or practice nurse.**

See your nurse or GP once a year even when your asthma is well controlled. Take this plan to each visit so it can be updated. Take your symptom or peak flow diary to each visit. Your local pharmacist is available to give asthma advice.

**Do not stop taking your asthma medicines without talking to your doctor first.**

## For further information contact:

### Asthma UK Scotland

[www.asthma.org.uk](http://www.asthma.org.uk)

**0300 222 5800** (Helpline)

Monday – Friday, 9am – 5pm

(calls cost the same as numbers beginning 01 or 02, dialled from your landline)

### My Condition, My Terms, My Life

[www.myconditionmylife.org](http://www.myconditionmylife.org)

### NHS Inform

[www.nhsinform.co.uk](http://www.nhsinform.co.uk)

### Smokeline

[www.canstopsmoking.com](http://www.canstopsmoking.com)

### My Lungs My Life

[www.mylungsmylife.org](http://www.mylungsmylife.org)

# Asthma

## Self-management plan

This plan is for adults with asthma. It shows how to recognise when your asthma is getting worse and what to do to improve it.

Name: .....

Date of birth: .....

CHI number: .....

**NHS24 contact number: 111**

GP or Respiratory nurse service contact number: .....

Date for review: .....

## Green Zone

### Your asthma is well controlled when:

- Your sleep is not disturbed by asthma symptoms (cough, wheeze, chest tightness or breathlessness)
- Your usual activities are not affected by asthma symptoms
- You have no asthma symptoms during the day

### Action

- Continue to take your usual asthma medicine

Inhaler or tablet name	Preparation or Colour	Dose and frequency
<b>Preventer</b> – should be used every day, even when well		
<b>Reliever</b> – should be used if you have symptoms		
Other asthma medication		

- Your best peak flow reading is:.....

Triggers: .....

.....

.....

## Amber Zone

### Your asthma is getting worse if:

- You have difficulty sleeping because of asthma symptoms (cough, wheeze, chest tightness or breathlessness)
- You have difficulty doing normal activities because of asthma symptoms
- You are using your reliever inhaler more often, or it lasts a shorter time
- Your peak flow is less than 80% of best, that is under: .....

### Action

- If you have not been using your preventer inhaler, start using it again.
- Take your reliever inhaler as needed.

If your symptoms do not improve within 24 hours contact your GP surgery or NHS 24 and start your prednisolone (steroid) tablets if you have them.

Always let your GP or nurse know as soon as you start taking your steroid tablets.

**If you are getting worse go to the Red Zone.**

Notes:

## Red Zone

### Asthma emergency:

- Your symptoms are getting worse (breathless, wheeze, cough or chest tightness)
- You are too breathless to walk or speak easily (cannot speak full sentences)
- Your blue reliever inhaler does not help
- Your peak flow reading is below 50% of best, that is under: .....

### Action

- 1 Get help – call 999 urgently
- 2 Sit up and loosen tight clothing
- 3 Take your reliever inhaler:  
1 (one) puff every 30 to 60 seconds up to a maximum of 10 puffs.  
If the ambulance has not arrived within 10 minutes and your symptoms have not improved, repeat step 3 above.

Notes: