

Asthma plan

Emergency Department discharge

Patient Details

Your reliever is

Your preventer is

Your steroid is

Your peak flow at discharge

L/min

Medication

Day 1

Date

Reliever	puffs every	hours
Preventer	puffs	times per day
Steroid	mg or	ml daily

Day 2

Date

Reliever	puffs every	hours
Preventer	puffs	times per day
Steroid	mg or	ml daily

Day 3

Date

Reliever	puffs every	hours
Preventer	puffs	times per day
Steroid	mg or	ml daily

Day 4

Date

Reliever	puffs every	hours
Preventer	puffs	times per day
Steroid	mg or	ml daily

Day 5

Date

If symptoms are still present please see your General Practitioner and review your Asthma Action Plan

When do I return to the Emergency Department for further review?

If you are using your reliever more frequently than 2 hourly

If there are no signs of improvement or you are feeling worse after 48 hours

What symptoms to look out for

When well



You will

- have no night time wheezing, coughing or chest tightness
- only occasional wheezing, coughing or chest tightness during the day
- need reliever medication only occasionally or before exercise
- do your usual activities without getting asthma symptoms

This is your baseline

When not well



You will

- have increasing night-time wheezing, coughing or chest tightness
- have symptoms regularly in the morning when you wake up
- have a need for extra doses of reliever medication
- have symptoms which interfere with exercise and your usual activities

This is an asthma flare-up

When unwell



You are having an asthma attack when

- you have worsening wheezing, coughing, chest tightness or shortness of breath
- you are waking often at night with asthma symptoms
- you need to use your reliever medication again within 2 hours

This is a severe asthma attack – SEEK MEDICAL ASSISTANCE

Responding to a life threatening asthma attack

If someone near you is having an asthma attack:

- Be calm and reassuring
- Leave them in their most comfortable position
- Dial 000 for an ambulance
- Give 4 puffs of the reliever every 4 minutes via spacer until the ambulance arrives