

# ASTHMA ACTION PLAN

## ASTHMA SPECIALISTS

## ASSOCIATED ALLERGISTS and

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Effective Date \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Medication Can Be Self-Administered \_\_\_\_\_ Yes, patient has been educated on proper technique. \_\_\_\_\_ No \_\_\_\_\_ Needs supervision

### SEVERITY CLASSIFICATION

\_\_\_ MILD INTERMITTENT \_\_\_ MILD PERSISTENT \_\_\_ MODERATE PERSISTENT \_\_\_ SEVERE PERSISTENT

### TRIGGERS

\_\_\_ POLLENS \_\_\_ ANIMALS \_\_\_ DUST \_\_\_ MOLDS \_\_\_ EXERCISE \_\_\_ COLDS \_\_\_ SMOKE \_\_\_ COLD AIR \_\_\_ AIR POLLUTION \_\_\_ OTHER \_\_\_\_\_

### EXERCISE

\_\_\_ PREMEDICATE WITH 2 PUFFS OF ALBUTEROL 15 MINUTES BEFORE EXERCISE \_\_\_ EXERCISE MODIFICATIONS: \_\_\_\_\_

### GREEN ZONE: DOING WELL! PEAK FLOW METER PERSONAL BEST =

*Breathing is good	CONTROLLER MEDICATION	HOW MUCH TO TAKE	WHEN TO TAKE IT
*No Cough or Wheeze	_____	_____	_____
*Can Work and Play	_____	_____	_____
*Sleeps All Night	*PEAK FLOW READING MORE THAN 80% OF PERSONAL BEST		

### YELLOW ZONE: GETTING WORSE! GIVE RESCUE MEDICATION NOTIFY PARENTS/GUARDIAN

*Some problem breathing	ADD RESCUE MEDICATION**	*SPACER NEEDED	___ YES ___ NO
*Cough, wheeze, tight chest <b>AS NEEDED</b>	___ ALBUTEROL HFA INHALER	2 PUFFS	EVERY 4-6 HOURS
*Problems working or playing <b>AS NEEDED</b>	___ ALBUTEROL/XOPENEX NEB.	1 VIAL DOSE=	EVERY 4-6 HOURS
*Exposure to trigger	<b>OTHER:</b> _____		
*Wakes at night	*PEAK FLOW READING BETWEEN 50 – 80% OF PERSONAL BEST		

### RED ZONE: MEDICAL ALERT! GIVE RESCUE MEDICATION GET MEDICAL HELP

*Rescue Medication not helping	**TAKE RESCUE MEDICATION IMMEDIATELY AS LISTED ABOVE.		
*Breathing is hard and fast	CHECK PEAK FLOW IN 15 MINUTES. IF STILL IN RED ZONE CALL 911! GO TO ER!		
*Walking and Talking is difficult	IF IN YELLOW ZONE, FOLLOW YELLOW ZONE PLAN AND CALL THE DOCTOR.		
*Cannot work or Play	<b>OTHER:</b> _____		
	*PEAK FLOW READING BETWEEN 0 – 50% OF PERSONAL BEST		

Doctor \_\_\_\_\_ Stamp:

Date: \_\_\_\_\_ Phone \_\_\_\_\_