Explanation of different treatments

**PREVENTERS**
Work by reducing the amount of swelling and mucous in the airways.
It is important to take this medication regularly, even when you feel well.

**RELIEVERS**
Open the airways and make it easier to get air in and out of the lungs.
This helps to relieve the symptoms and help you feel better.

**PROTECTORS**
Are medications that reduce asthma symptoms over a longer period of time than relievers.
They are taken regularly (like preventers)

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**MY ASThma PLAN**

Action plan for any wheezy episode

- **What you see**
- **What you do**

<table>
<thead>
<tr>
<th>No symptoms</th>
<th>No reliever inhaler required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting a cold</td>
<td>Take 4 puffs of reliever inhaler 4 times a day for 4 days</td>
</tr>
<tr>
<td>Breathing is fast and hard</td>
<td>Take 10 puffs of the reliever inhaler over 10 minutes</td>
</tr>
<tr>
<td>Reliever inhaler is not helping at the above dose</td>
<td><strong>THIS IS AN EMERGENCY DOSE</strong></td>
</tr>
</tbody>
</table>

If you need to repeat the emergency dose within 4 hours or feel you have to give it twice in 24 hours at home, you need to seek urgent medical advice.

If your child cannot talk, is gasping for breath or any change in colour **YOU MUST PHONE 999 FOR AN AMBULANCE** and continue to give 1 puff of their reliever inhaler every minute until help arrives.

**Name:**

Dr/GP/Asthma Nurse:

**My daily asthma medications are:**
1. 
2. 
3. 
4. 
5.

**My Asthma triggers:**
Write down what makes your asthma worse so you can stay away from them)

*Review June 2017*
My best peak flow is
My preventer inhaler is called:
I take ___ puff/s of my preventer inhaler in the morning and ___ puff/s at night.
I DO THIS EVERY DAY EVEN WHEN I FEEL WELL
My reliever inhaler is called:
I take ___ puff/s of my reliever inhaler when I wheeze or cough, my chest hurts or it’s hard to breathe.

I will know my asthma is getting worse if:
• I have a cough, wheeze, it’s hard to breathe or my chest hurts
• I wake up at night because of my asthma often with cough
• I am taking my reliever inhaler every day
• My peak flow is less than ___

When this happens:
I keep taking my preventer inhaler as normal
And also take ___ puff/s of my reliever inhaler 4 times per day for 4 days
If I am not getting any better I should see my doctor/asthma nurse/NHS 24 (call 111)

What to do when I have an asthma attack:
I am having an asthma attack if:
• My reliever inhaler is not helping, OR
• I can’t talk or walk easily, OR
• I am breathing fast & hard, OR
• I am coughing & wheezing a lot, OR
• My peak flow is below ___
When this happens: I will take 1 Puff of my reliever inhaler every minute (max of 10 puffs) until I feel better. THIS MUST LAST 4 HOURS

I am feeling better but I don’t want this to happen again so I need to see my doctor or my asthma nurse
I still don’t feel better and I have taken 10 puffs
Call 999 straight away if I wait more than 15 minutes I take 1 puff of my reliever inhaler every minute until help arrives

Does playing, running or doing PE normally make you cough or hard to breathe?
If yes I take ___ Puff/s of my reliever inhaler 15-20 mins before I start

REMEMBER TO TAKE YOUR INHALER WITH A SPACER IF YOU HAVE ONE