

## After an Asthma attack

Follow this advice to make sure you recover well and to prevent further asthma attacks:

- ➔ If you dealt with your asthma attack at home, see your GP/healthcare professional today.
- ➔ If discharged from hospital contact your GP/healthcare professional within 30 days
- ➔ Finish any medicines they prescribe you, even if you start to feel better.
- ➔ If you don't improve, see your doctor urgently.

## My Asthma review

I should have at least one asthma review every year with my GP/Consultant.

I will bring:

Please tick ✓

My MART Adult Asthma Action Plan, to check if it needs updating.

Any inhalers/spacers I have, to check that I am using them correctly.

Any other medicines I take for my asthma.

My peak flow meter and diary, if I use one.

Any questions about my asthma.

**My asthma triggers and what I do to manage them**

**My next asthma review date** if known

## How to use your MART Adult Asthma Action Plan

- ➔ Put your MART Action Plan where you and your family can easily find it.
- ➔ Save a photo of your plan on your phone.
- ➔ Share a copy of your plan with family, friends and care-givers so they know what to do if you are unwell.
- ➔ Always bring your MART Action Plan with you to healthcare appointments and Emergency Department visits.

## You can also help your Asthma by:

- ➔ **Staying active and taking exercise** for at least 20 minutes each day
- ➔ **Maintaining a healthy weight**
- ➔ **Quitting smoking** (including e-cigarettes) and **avoiding smoky environments**.

Call the **QUITline** on **1800 201 203** or visit **www.quit.ie**

## Get more advice and support from the Asthma Society of Ireland

FREE ASTHMA ADVICELINE

**1800 44 54 64**

FREE WHATSAPP MESSAGING SERVICE

**086 059 0132** 



Scan the QR code to contact the Asthma Society or visit [www.asthma.ie](http://www.asthma.ie)

V01-07-24



## My Maintenance and Reliever Therapy (MART) Adult Asthma Action Plan

**Date**

**Name**

**Date of Birth**

**MRN** if known

**Next of kin**

Name

Contact number

**GP/Out-of-hours Doctor**

Name

Contact number

**Known drug allergies**

A MART Adult Asthma Action Plan is your personal guide to managing your asthma.

# GREEN

**Everyday asthma care.**  
**My asthma is controlled:**

- ➔ I have no cough, wheeze, shortness of breath or chest tightness
- ➔ My asthma symptoms do not wake me at night and have not interfered with my usual activities or exercise
- ➔ I use my reliever inhaler twice a week or less
- ➔ My peak flow is between \_\_\_\_\_ and \_\_\_\_\_ (80–100%) of my personal best.

## ACTION

I take my asthma medications, including inhalers, everyday or as prescribed.

**My MART inhaler is:**

Name:

Colour:

**For Maintenance** (regular use)

Dose:

Puffs:                      How often:

**As a Reliever** (as and when required)

Dose:

Puffs:                      How often:

**Alternative reliever** (if appropriate):

**My other asthma medications:**

- ➔ I take my reliever inhaler for symptoms of cough, wheeze, shortness of breath or chest tightness.
- ➔ I always carry my reliever inhaler with me.
- ➔ I take two puffs of my reliever inhaler before exercise if needed.

# ORANGE

**I am feeling unwell or I experience any of the following:**

- ➔ I have cough, wheeze, shortness of breath or chest tightness
- ➔ I have asthma symptoms with exercise
- ➔ My asthma symptoms wake me at night
- ➔ I need to take days off school/college/work/socialising
- ➔ I am taking my reliever inhaler more than twice a week
- ➔ My peak flow is dropping
- ➔ I feel like I have a cold or flu

## ACTION

1. **I should** take my asthma medications including inhalers daily/as prescribed.
2. Take one puff of my reliever inhaler when needed, up to a maximum of \_\_\_\_\_ puffs of this inhaler medication in total in any 24 hour period.
3. Measure peak flow more frequently

**However if my asthma symptoms are still getting worse and I am worried**

- or** I am using my maximum daily dose of reliever inhaler and not improving
- or** My peak flow is between \_\_\_\_\_ L/min (50-80% of my personal best)
- or** I am regularly using extra doses of my reliever inhaler most days (as advised by my healthcare professional below):

If symptoms **still** do not improve, contact your healthcare professional (GP/Nurse/out of hours doctor) or refer to the red section on next page.

# RED

**I am having an asthma attack if I experience any of the following:**

- ➔ My asthma symptoms are getting worse quickly and I have increased cough, wheeze, shortness of breath or chest tightness
- ➔ I find it difficult to breathe, talk or walk
- ➔ The attack comes on suddenly
- ➔ My reliever inhaler gives little or no relief
- ➔ I have blue lips or fingernails
- ➔ My peak flow is dropping further or below \_\_\_\_\_ (<50% of my personal best)
- ➔ I am breathing fast and using my tummy and neck muscles

## ACTION

**THIS IS AN EMERGENCY – ACT NOW**

**Follow the 5 steps below. If you are worried or not improving at any stage, CALL 999/112**

1. Stay calm. Sit up straight – do not lie down
2. Take slow steady breaths
3. Take ONE puff of my reliever inhaler every 1 to 3 minutes (max 6 puffs)  
  
Inhaler name:  
  
**or** Salbutamol via spacer ONE puff every minute (up to 10 puffs)
4. Call 999 or 112 if my symptoms do not improve after 10 minutes.
5. Repeat step 3 if an ambulance has not arrived.