

# Asthma Action Plan



Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Provider's Name: \_\_\_\_\_

Provider's Phone #: \_\_\_\_\_ Completed by: \_\_\_\_\_

Controller Medicines	How Much to Take	When to Take	Other Instructions
		_____ times per day <b>EVERY DAY!</b>	<input type="checkbox"/> Gargle or rinse mouth after use
		_____ times per day <b>EVERY DAY!</b>	
		_____ times per day <b>EVERY DAY!</b>	
		_____ times per day <b>EVERY DAY!</b>	
Quick-Relief Medicines	How Much to Take	How Often	Other Instructions
<input type="checkbox"/> Albuterol (ProAir, Ventolin, Proventil) <input type="checkbox"/> Levalbuterol (Xopenex)	<input type="checkbox"/> 1 puff <input type="checkbox"/> 2 puffs <input type="checkbox"/> 3 puffs <input type="checkbox"/> 4 puffs <input type="checkbox"/> 1 nebulizer treatment	Take ONLY as needed (see below — starting in Yellow Zone or before exercise)	<b>NOTE:</b> If you need this medicine more than 2 days a week, call a provider to consider increasing controller medicines and talk about your treatment plan.

Used with permission. Regional Asthma Management & Prevention (RAMP).

Special instructions when I am 😊 doing well, 😞 getting worse or 😡 having a medical alert.

**GREEN ZONE** 😊

Doing **well**.

- No cough, wheeze, chest tightness or shortness of breath during the day or night.
- Can do usual activities.

**Peak Flow** (for ages 5 and up): is \_\_\_\_\_ or more. (80% or more of personal best)

**Personal Best Peak Flow** (for ages 5 and up): \_\_\_\_\_

*PREVENT* asthma symptoms every day:

- Take my controller medicines (above) every day.
- Before exercise, take \_\_\_\_\_ puff(s) of \_\_\_\_\_
- Avoid things that make my asthma worse.

**YELLOW ZONE** 😞

Getting **worse**.

- Cough, wheeze, chest tightness, shortness of breath or
- Waking at night due to asthma symptoms or
- Can do some, but not all, usual activities.

**Peak Flow** (for ages 5 and up): \_\_\_\_\_ to \_\_\_\_\_ (50% to 79% of personal best)

*CAUTION. Continue taking everyday controller medicines, AND:*

- Take \_\_\_\_\_ puffs or 1 nebulizer treatment of quick-relief medicine.
- If I am not back to the Green Zone within 20–30 minutes, take \_\_\_\_\_ more puffs or nebulizer treatments. If I am not back in the Green Zone within 1 hour, then I should:
- Increase \_\_\_\_\_
  - Add \_\_\_\_\_
  - Call \_\_\_\_\_
  - Continue using quick-relief medicine every 4 hours as needed. Call provider if not improving in \_\_\_\_\_ days.

**RED ZONE** 😡

**Medical alert.**

- Very short of breath or
- Quick-relief medicines have not helped or
- Cannot do usual activities or
- Symptoms are the same or get worse after 24 hours in Yellow Zone.

**Peak Flow** (for ages 5 and up): less than \_\_\_\_\_ (50% of personal best)

*MEDICAL ALERT! Get help!*

- Take quick-relief medicine: \_\_\_\_\_ puffs every \_\_\_\_\_ minutes and get help immediately.
- Take \_\_\_\_\_
- Call \_\_\_\_\_

**Danger! Get help immediately!** Call 911 if having trouble walking or talking due to shortness of breath or if lips or fingernails are gray or blue. For children, call 911 if skin is sucked in around neck and ribs during breaths or child doesn't respond normally.