MY ASTHMA MEDICINE

My daily controller medication
- My controller inhaler is
- Colour
- My other controller medication is
- Colour
- My nasal treatment is
- My allergy treatment is

Why do I need controller medication?
My controller medication benefits my lungs by reducing inflammation, swelling and mucus.

I need to take my controller every day even when I am well.

My reliever medications
- My reliever inhaler is
- Colour

Why do I need reliever medication?
- My reliever works quickly to make breathing easier by opening up my airway.
- I will always carry my reliever inhaler with me.

My personal best peak flow (if over 6 years of age) is

My asthma triggers are:

MAKE YOUR ASTHMA ACTION PLAN WORK FOR YOU
- Put your Asthma Action Plan where you and your family can easily find it.
- Save a photo of your Asthma Action Plan on your phone or keep a copy in your bag or car.
- Share a copy of your Asthma Action Plan with family members, friends and care-givers.
- Check your Asthma Action Plan regularly.
- Always bring your Asthma Action Plan with you to healthcare appointments and Emergency Department visits.

Remember to attend for an asthma review at least once a year and have your inhaler technique checked.

YOU CAN HELP YOUR ASTHMA BY:
- Staying active and taking exercise for at least 20 minutes each day
- Maintaining a healthy weight
- Quitting smoking and avoiding smoky environments. For help to quit smoking call the QUITline on 1800 201 203 or visit www.quit.ie

hse.ie/eng/health/hl/living/asthma

Asthma Adviceline 1800 44 54 64
Call Monday – Friday 9am – 5pm to arrange an appointment to speak to an Asthma Nurse Specialist

Email reception@asthma.ie

An Asthma Action Plan is your personal guide to manage your asthma when it gets out of control.

It will help you to recognise asthma symptoms:
- COUGH
- WHEEZE
- CHEST TIGHTNESS
- SHORTNESS OF BREATH

And provide you with information on what action to take.

This Asthma Action Plan is yours, so use it, don’t lose it!
When I am feeling unwell

**ASSESSMENT**

- My asthma symptoms include one or all of the following: cough, wheeze, shortness of breath or chest tightness
- I have symptoms with exercise
- My asthma symptoms wake me at night
- I need to take days off school, college or work due to asthma symptoms
- I am taking my reliever inhaler more than twice a week (over the age of 6 years)
- I am taking my reliever inhaler more than once a week (under the age of 6 years)
- My peak flow is dropping
- I feel like I have a cold or flu

**ACTION**

**Controller inhaler**

When my asthma is controlled I take my controller medication everyday.

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I always rinse my mouth after I take my controller inhaler.

**Reliever inhaler**

I take my reliever inhaler if I wheeze, cough, have chest tightness or I am finding it difficult to breathe.

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I should always carry my reliever inhaler.

When I am well, I also take my other medication.

**When I am feeling unwell**

**Controller inhaler**

When I am feeling unwell I take my medication like this.

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**Reliever inhaler**

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If I am not improving and I have been prescribed Prednisolone tablets (steroid tablets) to keep at home, I should start taking them. **Yes** / **No**

If I continue to feel unwell and I am not improving, or I am concerned, I contact the GP/ Nurse/ out-of-hours Doctor/Emergency Department.

**When I am having an asthma attack**

**ASSESSMENT**

- My asthma symptoms are getting worse and I have increased: cough, wheeze, shortness of breath or chest tightness
- My reliever inhaler gives little or no relief
- I find it difficult to talk or walk
- I find it difficult to breathe
- I have blue lips or fingernails
- My peak flow is dropping further
- The attack came on suddenly
- I am breathing fast and using my tummy and neck muscles

**ACTION**

1. Stay calm. Sit up straight – do not lie down.
2. Take slow steady breaths.
3. Take one puff of your reliever inhaler (blue) every minute. Use a spacer if available.
   - People over 6 years can take up to 10 puffs in 10 minutes
   - Children under 6 years can take up to 6 puffs in 10 minutes
4. Call 112 or 999 if your symptoms do not improve after 10 minutes
5. Repeat step 3 if an ambulance has not arrived in 10 minutes

It is safe to take additional puffs of your blue inhaler during an acute asthma attack.