

Asthma Self Management Plan Instructions

Name: _____ Doctor: _____ Phone: _____
 Preventer: _____ Reliever: _____ Other: _____

How well am I?

ASTHMA UNDER CONTROL

- No cough or wheeze through the night
- Can exercise easily
- Symptom-free most days
- Not needing reliever on most days

ASTHMA GETTING WORSE

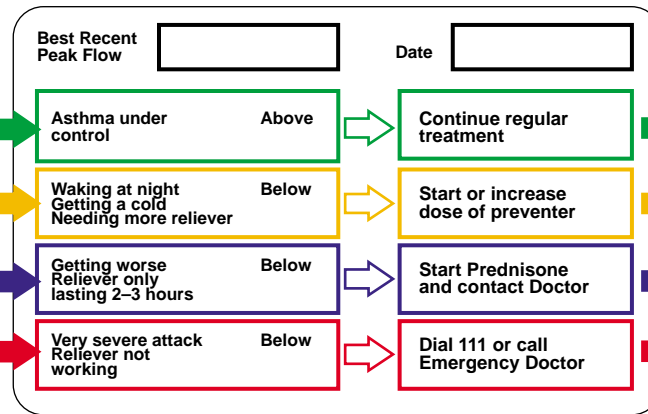
- Daily symptoms
- Waking at night
- Getting a cold
- More short of breath with exercise
- Needing more reliever

ASTHMA SEVERE

- Getting worse despite more preventer
- More breathless or wheezy
- Reliever only lasting 2-3 hours

ASTHMA EMERGENCY

- Hard to speak
- Feeling faint or frightened
- Reliever not working



Your doctor may need to vary these instructions to suit you.

What do I do?

ASTHMA UNDER CONTROL

- Take preventer inhaler every day
- Discuss the dose of preventer with your doctor. Could it be reduced?
- Do you need a spacer?

ASTHMA GETTING WORSE

- Start or increase dose of preventer
- Use your reliever inhaler as required

ASTHMA SEVERE

- Start prednisone tablets if you have them
- Consult your doctor within 1-2 days
- Use reliever as required

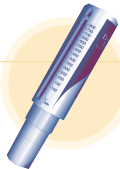
ASTHMA EMERGENCY

- Dial 111 for ambulance or call Emergency Doctor
- Keep calm and sit upright
- Keep using reliever as required

PEAK FLOW METER

- Get to know your asthma
- Know when it's changing

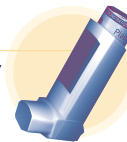
- 1 Sit upright
- 2 Slide marker hard up to the beginning of the groove
- 3 Hold meter level
- 4 Keep fingers clear of marker
- 5 Take a deep breath in
- 6 Close your lips around the mouthpiece
- 7 Huff out hard and fast
- 8 Repeat these steps twice
- 9 Record the best of three readings



AEROSOL INHALER

- Remember... breathe in slowly to draw the dose right down

- 1 Shake the inhaler
- 2 Sit upright and hold your chin up
- 3 Breathe out with a sigh
- 4 Hold the inhaler upright and close your lips around the mouthpiece
- 5 As you begin to breathe in slowly and deeply, press the inhaler once
- 6 Hold your breath for 5-10 seconds
- 7 Breathe out slowly and gently through your nose
- 8 After a minute, repeat these steps for further doses
- 9 Rinse your mouth and gargle after using a steroid inhaler



SPACER

- Up to 50% more medicine reaches your breathing tubes
- Less risk of throat irritation or a husky voice

- 1 Shake the inhaler
- 2 Fit the inhaler into spacer opening
- 3 Press the inhaler once only
- 4 Breathe in slowly and deeply through the spacer mouthpiece
- 5 Hold your breath for 5-10 seconds
OR if breathless take 2-3 normal breaths keeping the spacer in your mouth all the time
- 6 Repeat these steps for further doses
- 7 Wash your spacer with warm water and dishwashing liquid. Don't rinse. Air dry. Repeat weekly. This reduces the electrostatic charge so that more medicine is available.



The Asthma and Respiratory Foundation of New Zealand (Inc.)
 Te Taumatua Huangō,
 Mate Ha o Aotearoa