

Personal Asthma Action Plan

Advice to achieve and maintain good control for Children and Young People over 2 years old



Keep this plan with you and take it every time you see the doctor or nurse at your GP surgery (or Hospital). This plan is for patients with asthma – your GP/doctor (or nurse) will fill it in and explain the different medicines to control your asthma. It will also show you how to recognise when the asthma or wheeze is getting worse and what to do about it. By taking steps early – acute attacks can usually be prevented.

Please Print Details Below:

<p>Name of patient : _____</p> <p>GP surgery _____</p> <p>GP / Asthma nurse _____</p> <p>and/or _____</p> <p>Hospital doctor / Asthma nurse _____</p> <p>Date form Completed _____ / _____ / _____</p> <p>Name of Professional _____</p> <p>Date for Review _____ / _____ / _____</p>	<p>Date of Birth _____ / _____ / _____</p> <p>Telephone: _____</p> <p>Signature of Professional _____</p>
---	---

Looking after your child when unwell

	Symptoms	Your action
Mild	If your child starts to cough, wheeze or has a tight chest but can continue day to day activities	Give 2-5 puffs blue (salbutamol) reliever inhaler every 4 hours until symptoms improve.
Moderate	<p>If your child is:</p> <ul style="list-style-type: none"> Wheezing and breathless and blue (salbutamol) reliever inhaler 2-5 puffs is not lasting 4 hours Having a cough or wheeze/tight chest during the day and night Too breathless to run / play/ do normal activities 	<ul style="list-style-type: none"> Contact GP /healthcare professional for advice and management. Increase blue (salbutamol) reliever inhaler 6-10 puffs every 4 hours
Severe	<p>If your child is:</p> <ul style="list-style-type: none"> Too breathless to talk / eat or drink Has blue lips Having symptoms of cough/wheeze or breathlessness which are getting worse despite 10 puffs blue (salbutamol) inhaler every 4 hours Confused and drowsy 	<ul style="list-style-type: none"> Ring 999 for immediate help. Give 10 puffs of blue (salbutamol) reliever inhaler every 10 minutes until ambulance arrives. Keep child in upright position and reassure them.

Standard Technique for use of Spacer with Asthma Inhaler (pressurised metered dose device):

Choose appropriate sized spacer with mask (or mouthpiece if child is over 3 years with good technique and is not significantly short of breath)



1. Shake the inhaler well and remove cap.
2. Fit the inhaler into the opening at the end of the spacer.
3. Place mask over the child's face or mouthpiece in their mouth ensuring a good seal
4. Press the inhaler once and allow the child to take 5 slow breaths between each dose
5. Remove the inhaler and shake between every puff. Wait 1 minute between puffs.

Repeat steps 1 – 5 for subsequent doses

Plastic spacers should be washed before 1st use and every month as per manufacturer's guidelines



For videos on using your child's inhaler and spacer correctly see [Beat Asthma - YouTube](#)

