

Asthma Medication Card



Department of Health

Asthma Action Plan

Show this card to your doctor OR pharmacist when any asthma medication is needed.

Date of issue

Product name

Name

DOB

Address

Phone

Medicare number

UMRN (public hospital)

Severe allergic reactions

Best Peak Flow (if used) L/min

GP

Phone

Patients should carry this card and refer to it as necessary.

Usual Asthma Treatment

Your asthma is under control when:

- You don't wake at night with asthma symptoms
- You can continue with all your usual activities.

Regular asthma medication

Reliever medication

'Worsening Asthma'

- ▲ Breathlessness, wheeze, tight chest, cough, especially night and early morning
- ▲ Requirement for relievers
- ▲ Difficulty with exercise
- ▼ Response to usual relievers

Peak Flow (if used) 50-75 % of best:

between L/min - L/min



What To Do

Continue with usual asthma treatment and also:

Reliever

Prednisolone/cortisone

Other

**If minimal response within 24 hours
treat as 'Severe Asthma'.**

'Severe Asthma'

- Severe breathlessness or tight chest
- Difficulty speaking or walking
- Minimal response to treatment for worsening asthma
- Frightened.

Peak Flow (if used) is less than 50% of best:

..... L/min



Emergency Action

- Dial 000 for ambulance
- State 'asthma'
- Give address
- Keep taking reliever as often as needed
- Take Prednisolone (if not already taken)
- Use oxygen (if available) between continued administration of reliever medication
- Sit quietly and wait for ambulance.

This Action Plan should be reviewed with your GP on:

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