

ACTION PLAN: Regular inhaled corticosteroid preventer plus as needed Salbutamol reliever



Name:
 Date completed:
 Completed by:

DOB:
 GP Contact details:

Treatment

- ❖ Low dose inhaled steroids should be taken regularly to prevent asthma.
 - use Pulmicort 100mcg Turbohaler or Flixotide 50mcg Accuhaler if possible.
 - use Beclomethasone or Flixotide aerosol with a spacer if unable to use a dry powder inhaler.
- ❖ A blue aerosol reliever inhaler with a spacer should be used as needed for symptoms.

Regular Preventer Inhaler

My inhaler is
 Strength Colour
 Take puffs times a day

My spacer is (please tick):



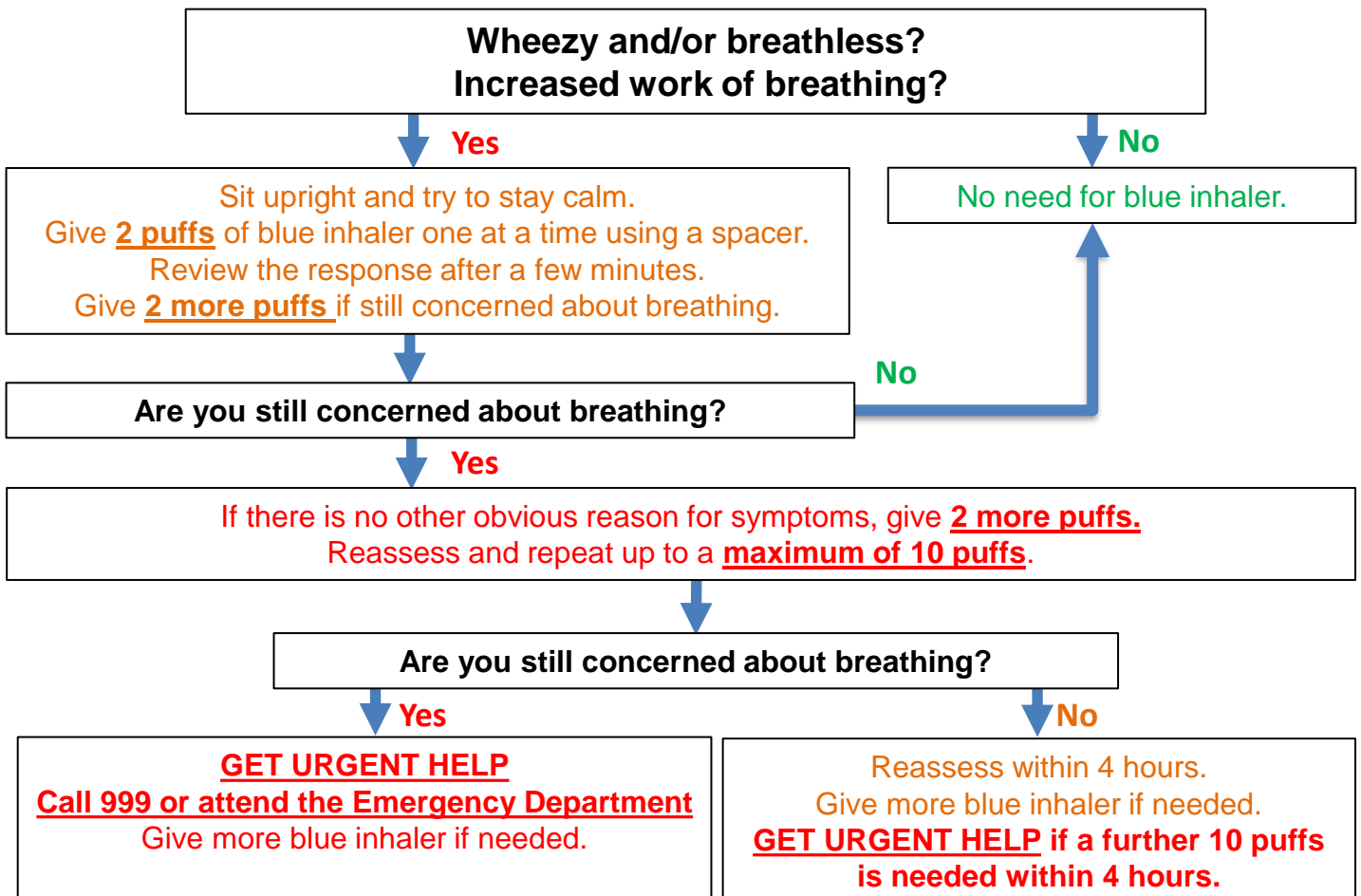
Other medication:

As Needed Blue Reliever Inhaler



Salbutamol (Salamol)
Your reliever inhaler has a maximum of 200 doses but will continue to fire when empty

How to treat asthma symptoms



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Your asthma is under control if

- You have no symptoms during the day or night such as wheezing, shortness of breath, chest tightness or persistent dry cough
- You can do all your normal activities
- You do not need any additional doses of your blue inhaler

Contact your GP or Asthma Nurse for any of the following

- You need your blue inhaler 3 or more times a week
- Your treatment has not been reviewed for more than 1 year
- You are wheezy after exercise
- You have a persistent night-time cough

Further information

Scan the codes below for information about how to use your inhaler and spacer

With a
facemask



With a
mouthpiece



Please make a note if you have a course of oral steroids

Date	Symptoms	Treatment

Please bring this record to all asthma reviews



Please dispose of empty or unwanted inhalers responsibly

