

DISCHARGE PLAN: Using as needed Symbicort Turbohaler or DuoResp Spiromax inhaler (MART)

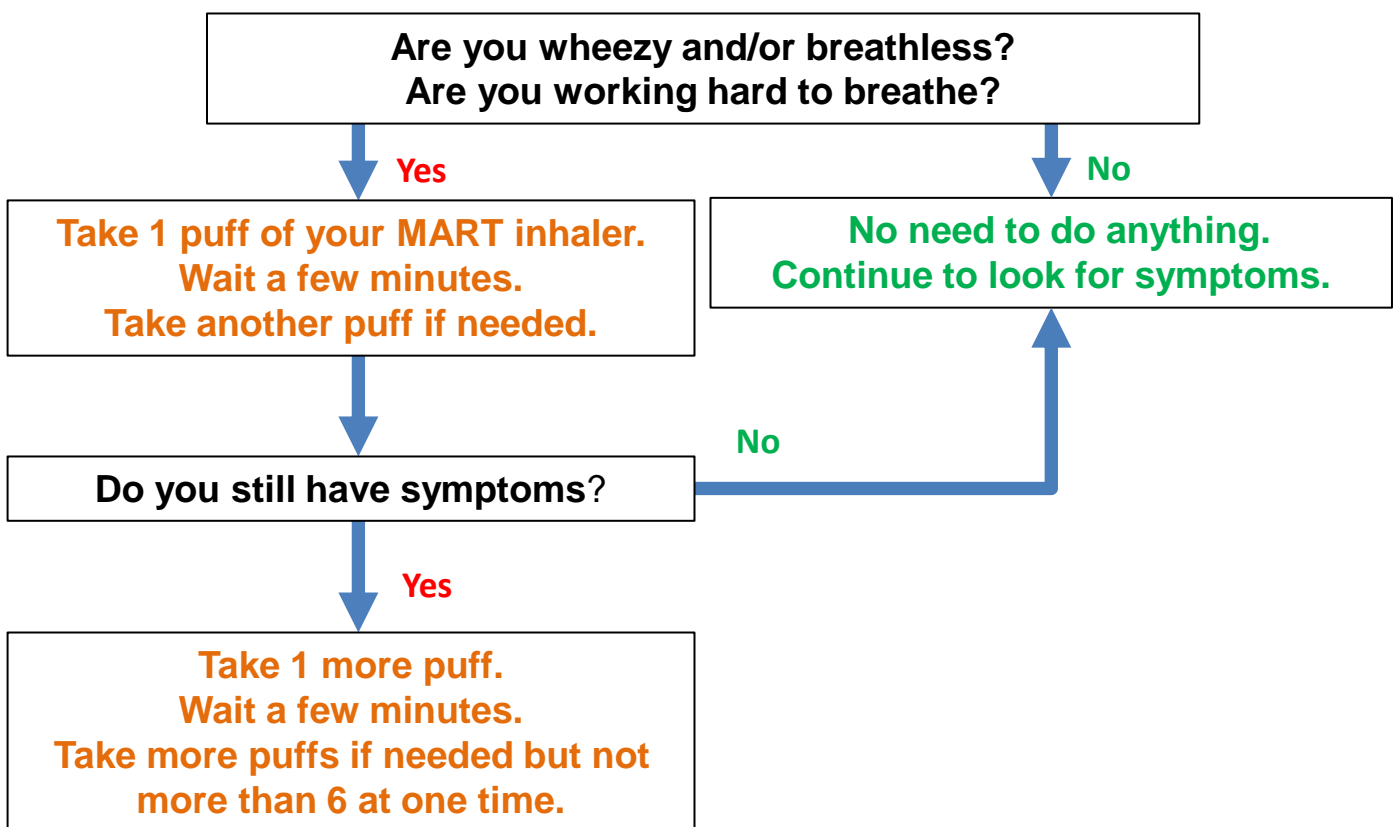
What is wheeze and how is it treated?

- ❖ Wheeze is a whistling sound caused by narrowing of the airways. This can sometimes only be heard through a stethoscope.
- ❖ If you cannot hear wheezing, look for signs of working harder to breathe as this can also be due to airway narrowing.
- ❖ Your inhaler contains medicine to ease wheezing by relaxing muscles wrapped around your airways.
- ❖ Record your treatment on the next page.

What is MART?

MART is Maintenance And Reliever Therapy. Just one inhaler (Symbicort Turbohaler or Spiromax DuoResp) is used for regular daily prevention and as needed to treat symptoms.

Treating Acute Asthma at home with MART



Call 999 or go straight to your local Emergency Department if you are not improving or need up to 12 puffs in 24 hours.
If you have a Salbutamol (blue) inhaler, give up to 10 puffs one at a time using a spacer whilst awaiting urgent help.



Please dispose of empty or unwanted inhalers responsibly



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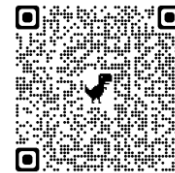
How to use your MART (Maintenance And Reliever Therapy) inhaler



How to use Symbicort Turbohaler



How to use Spiromax DuoResp



Treatment log

Date	Time	Symptoms	Number of Puffs
It's been 1 day since discharge - the number of puffs needed should be less. If you are not improving or needing 12 puffs in 24 hours return to hospital using your open access or go to the Emergency Department.			
It's been 2 days since discharge – the number of puffs needed should be considerably less. If this hasn't happened contact your GP, call 111 or return to hospital using your open access or go to the Emergency Department.			

Things should be getting back to normal. If you are still needing a lot more of your inhaler, contact your GP or call 111.