# My asthma triggers

Taking my asthma medicines every day means I'm less likely to react to these triggers. Avoiding them if I can may also help.

**My triggers and what I do to manage them**

For example: hay fever – I take antihistamines; pollution – I avoid busy roads

**My asthma review**

I should have at least one routine asthma review every year. I will bring:

- my MART asthma action plan to see if it needs updating
- any inhalers and spacers I have to check I'm using them correctly
- any other medicines I take for my asthma
- my peak flow meter if I use one
- any questions about my asthma.

**Next asthma review date:**

**GP/nurse/healthcare professional contact details**

Name:

Phone number:

**Out-of-hours contact number** (ask your GP surgery who to call when they are closed)

Name:

Phone number:

# How to use this plan

1. **Put it somewhere easy to find** like your fridge door, noticeboard or bedside table.
2. **Keep it on your mobile phone or tablet** so you can check it wherever you are.
3. **Share it with family, friends or anyone you live with** so they know how to help you if you're unwell.
4. **Take it to every asthma appointment.** Ask your doctor, nurse or healthcare professional to update your plan if their advice for you changes.

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**Watch our inhaler videos to learn how to use your MART inhaler: asthmaandlung.org.uk/inhaler-videos**

Get advice, support and information at **AsthmaAndLung.org.uk** or find us on social media:

**Questions about asthma?**

Talk to our friendly respiratory nurse specialists for more support.

Call **0300 222 5800**

(Monday to Friday, 9am to 1pm and 2pm to 5pm)

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ASTHMA+ LUNG UK

## For ages 12+ only

# MART asthma action plan

## Fill this in with your doctor, nurse or other healthcare professional

**Name and date:**

## 1 Everyday asthma care

**With this daily routine:**

- I should have few or no asthma symptoms during the day and none at night (wheeze, tight chest, feeling breathless, cough)
- I should be able to do everything I normally do in my day-to-day life (working, being active, socialising)
- my personal best peak flow score is:

  Date taken:

**My Maintenance and Reliever Therapy (MART) inhaler** is called (insert name):

**I need to take my MART inhaler every day even when I feel well.**

I take puff(s) in the morning

and puff(s) at night.

**I use my MART inhaler as my reliever inhaler if I get asthma symptoms.**

I take one puff of my MART inhaler if:

- I'm wheezing
- my chest feels tight
- I'm finding it hard to breathe
- I'm coughing.

I can take up to a **maximum** of puffs a day (including my morning and night puffs).

**Other medicines and devices (for example, spacer, peak flow meter) I use for my asthma every day:**

## 2 When I feel worse

**My asthma is getting worse if I'm experiencing any of these:**

- my symptoms are getting worse (wheeze, tight chest, feeling breathless, cough)
- my symptoms are waking me up at night
- my symptoms are affecting my day-to-day life (working, being active, socialising)
- my peak flow score drops to below:

**If my asthma gets worse:**

I can continue to take puff(s) of my MART inhaler as needed to deal with my asthma symptoms, up to a **maximum** of puffs a day (including my morning and night puffs).

**URGENT! Contact your doctor, nurse or other healthcare professional if:**

- you need to use the **maximum** daily dose of your MART inhaler and your symptoms are not improving **or**
- you're regularly using extra doses of your MART inhaler most days for weeks (as advised by your healthcare professional) **or**
- you're worried about your asthma.

**Other advice from my doctor, asthma nurse or healthcare professional about what to do if my asthma is worse:**

## 3 When I have an asthma attack

**I'm having an asthma attack if I'm experiencing any of these:**

- my MART inhaler is not helping
- I find it difficult to walk or talk
- I find it difficult to breathe
- I'm wheezing a lot, or I have a very tight chest, or I'm coughing a lot
- my peak flow score is below:

**What to do in an asthma attack**

1. Sit up straight – try to keep calm.
2. Take one puff of your MART inhaler **every 1 to 3 minutes up to puffs**.
3. If you feel worse at any point **or** you don't feel better after puffs **call 999 for an ambulance**.
4. If the ambulance has not arrived after 10 minutes and your symptoms are not improving, **repeat step 2**.
5. If your symptoms are no better after repeating step 2, and the ambulance has still not arrived, **contact 999 again immediately**.

**After an asthma attack**

- If you dealt with your asthma attack at home, see your doctor or nurse today.
- If you were treated in hospital, see your doctor or nurse within 48 hours of being discharged.
- Finish any medicines they prescribe you, even if you start to feel better.
- If you don't improve after treatment, see your doctor, nurse or other healthcare professional urgently.

**If you don't have your MART inhaler with you and need to use a blue reliever inhaler, take one dose every 30 to 60 seconds up to a maximum of 10 puffs and call 999 for an ambulance.**