



MELBOURNE HEALTH

PATIENT IDENTIFICATION

UR No. _____

NAME _____



The Royal Melbourne Hospital
Parkville, Vic. 3050
Tel: (03) 9342 7000

Date / /

ASTHMA ACTION PLAN

This information is to help you to recognise and treat worsening asthma as quickly as possible. If you are confident about your plan of action, you might prevent severe asthma attacks from developing.

Name _____

Address _____

Date of Birth _____ Phone _____

UR No. _____

Usual Medication _____

Best Peak Expiratory Flow (PEF) _____ l/min.

Asthma attacks usually develop slowly, but they can start suddenly. The signs of worsening asthma are:

- Increasing cough, chest tightness, wheeze or trouble breathing (especially at night).
- Needing asthma medication more often; or medication not helping as it usually does.
- Peak flow measurements below your best, despite increased medication.

Telephone Number: _____

Doctor _____

FOR WORSENING ASTHMA

If you need medication more often than every 4 hrs, If you are short of breath when walking, If your Peak Flow is below your best, but over _____ l/min after your usual medication, use

1. _____

2. _____

3. _____

And see your doctor today.

FOR A SEVERE ATTACK

An attack is potentially dangerous . . .

- If you are frightened.
- If you are short of breath speaking a few words.
- If this attack started suddenly.
- If you have had a severe attack before.
- If your Peak Flow is less than _____ l/min (40% best), despite extra doses of medication.

YOU SHOULD ACT IMMEDIATELY.

1. _____

2. _____

3. _____

Call an Ambulance 000 (Metropolitan) or _____

Say "Severe Asthma Attack".

Give your address or location.

Use _____ continuously until the ambulance arrives.

NOTES FOR PATIENTS

Ask your doctor to help fill out the details of your Action Plan.

Cut out the Asthma Action Plan. Fold on the centre line.

Two more folds, will reduce it to credit card size to fit into your wallet or purse.

Keep this Action Plan as a reminder and as personal identification.

If you have attended a doctor or a hospital because of an attack of asthma you should . . .

1. Continue extra treatment until you reach your Best Lung Capacity.
2. Check whether your previous plan of action should be changed.
3. Check whether your usual treatment should be changed.

COPY TO BE FILED IN THE MEDICAL RECORD

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ASTHMA ACTION PLAN

OP12/IP47