

**ACTION PLAN OF
FRIDGE SIZE**

DATE _____

ACTION PLAN



Yes

No

Not at all



Normal life,
regular activities



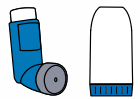




Coughing, wheezing, mucous production,
shortness of breath, chest tightness



I can't stand it anymore
I am severely breathless

How to know?

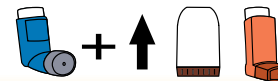
| | Yes | No | Not at all |
|---|----------------------------|-------------------------------|-------------------------|
| 1. Daytime symptoms  | Rarely ≤ 3 times / week | Regularly > 3 times / week | Frequently Every day |
| 2. Nighttime symptoms  | None | 1 night / week or more | Many nights |
| 3. Rescue bronchodilator  | ≤ 3 times / week | > 3 times / week | Relief < 3 - 4 hours |
| 4. Physical activity  | Normal | Limited | Very limited |
| 5. Peak expiratory flow  | 90 to 100 % | 60 to 90 % | < 60 % |

What to do?

Good control



Adjust



Emergency



TREATMENT →


Physician's name _____

Health-Info _____

AEC _____

Asthma Educator _____

_____ x _____ days
or _____
Consult if there is no improvement
within 24-48 hours.

EMERGENCY
 _____

ASTHMA CONTROL

HERE IS A SIMPLE AND EASY WAY TO HELP YOU ACT IN A TIMELY MANNER REGARDING YOUR ASTHMA

1

Think about your last asthma attack

When do I have to adjust my treatment?

- **Which factor triggered the attack?**
Examples : cold, allergic contact, ...
I don't know...)
It is important to identify the factors triggering your asthma attacks, because only then will you be able to react as soon as they appear.
- **Among the following symptoms, which one appeared or increased first?**
 - Coughing
 - Wheezing
 - Shortness of breath
 - Tightness (chest congestion)
 - Secretions
- **When did you experience these symptoms?**
 - During the day
 - During the night
- **How much time did it take for the attack to settle in (hours, days)?** _____

We often see asthma deteriorate in a few hours or days; this is why it is so important to identify the progression of symptoms over time. The faster you act on managing the attack by adjusting the medication (ideally within 24 to 48 hours), the better are the chances to reverse the situation.

2

What did you do?

How to adjust the medication?

- **Did you discuss with your physician the possibility to adjust your medication when your asthma gets worst?**
 - I already have
 - I will do it
 - I hesitate to do so

It is important to talk with your physician about the adjustment of your medication, when your asthma gets out of control. Usually, it is recommended to use the « rescue » medication (Airomir™, Bricanyl®, Ventolin®,...) to relieve symptoms.

CAUTION! The « rescue » medication must relieve the symptoms at least 3 to 4 hours. This also means that, as recommended by your physician, you should start or increase the dosage of « controller » medication.

3

Why not consult?

When should you consult a health professional?

- **Do you usually wait before consulting a physician, going to the emergency room or talking with a health professional who could help you?**
 - Never
 - Sometimes
 - Always

Do not hesitate to consult QUICKLY with a health professional, if:

- You are unsure when you should adjust your medication;
- You have adjusted your medication, as indicated, and there is no change in the following hours or days;
- You are in the red zone of the action plan;
- You experience greenish secretions, suggesting a possible underlying bacterial infection.

CONGRATULATIONS, You know now the asthma action plan. Do not hesitate to enquire with your physician or your asthma educator about this plan. After all, we are here to help you.

