



## Asthma Action Plan

### What is an Asthma Action Plan?

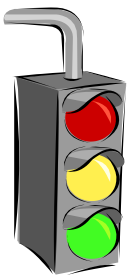
An Asthma Action Plan is your plan to handle an asthma episode. This plan will help you treat and recover from an asthma episode. It is based on your “peak flow numbers.”

### What is my Peak Flow number?

Peak flow numbers measure how well you are breathing at any given time. Your doctor will perform some tests on your ability to breathe. Based on the results, you will be told what your “personal best” is – this is your best ability to breathe under the best conditions. Your personal best is important because it provides a gauge to know if you are healthy, having a minor asthma episode, or having a severe asthma episode.

#### **“Personal Best”**

*Your best ability to breathe under the best conditions.*



Your healthcare provider, together with you and your caregivers, will develop an Asthma Action Plan for you based on your personal best peak flow. The Asthma Action Plan is separated into zones. For instance, if you are in the **Green Zone**, you are healthy and your action plan may include taking your daily medications only. If you are in the **Red Zone** then you are experiencing a severe asthma episode. Your action plan may be to call 911 immediately. Your plan will be unique to you and may be adjusted by your doctor based on your past experience, personal resources, and general health.

The next page provides a worksheet of the zones in the Asthma Action Plan. Use this to develop your personal Asthma Action Plan with your doctor and caregivers.

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Name: \_\_\_\_\_

## Asthma Action Plan: Worksheet

<i>Use this worksheet with your doctor and caregivers to develop your personal Asthma Action Plan.</i>		
Doctor:	Pharmacy:	Emergency Contact:
Phone:	Phone:	Phone:
Address:	Address:	Address:

### My Asthma Medications:

Fast Acting:
Long Acting:

### My Peak Flows:

<b>My Personal Best:</b> _____		
(My Personal Best) x (0.8) = <input style="width: 40px; height: 20px;" type="text"/>	←Green      Between      Red→	= (My Personal Best) x (0.6) <input style="width: 40px; height: 20px;" type="text"/>
<b>Green Zone</b>	<b>Yellow Zone</b>	<b>Red Zone</b>
80-100% of your personal best.	60-80% of your personal best. You are showing <i>early warning signs</i> of an asthma episode.	60% of your personal best. You are having an <i>asthma episode</i> with severe difficulty in breathing.
<b>What should you do?</b> Take Your Daily Medications:	You may be having a hard time breathing and have some signs or symptoms of an asthma episode.	You may be having a VERY hard time breathing and have many signs or symptoms of an asthma episode.
Drug:	• Shortness of breath	• Extreme shortness of breath
Dose:	• Cough	• Trouble talking
Comments:	• Wheezing	• Trouble walking
Drug:	• Chest tightness	• Trouble thinking
Dose:	• NO problems walking	• Easier to breathe in the seated position rather than lying down
Comments:	• NO problems thinking	• Tripod breathing: Shoulders go up, neck and ribs move in when breathing, hands are on the knees
Drug:	• NO problems talking	• Blue Skin Color
Dose:	<b>What should you do?</b>	<b>What should you do?</b>
Comments:	Take Your Yellow Zone Medications:	Take Your Red Zone Medications:
Drug:	Drug:	Drug:
Dose:	Dose:	Dose:
Comments:	Comments:	Comments:
Drug:	Drug:	Drug:
Dose:	Dose:	Dose:
Comments:	Comments:	Comments:
Drug:	Drug:	<b>Call 911 - NOW OR Call your Doctor – NOW</b>
Dose:	Dose:	
Comments:	Comments:	
Drug:	Drug:	
Dose:	Dose:	
Comments:	Comments:	