






# MY ADULT ASTHMA ACTION PLAN

## WHY DO I NEED AN ASTHMA ACTION PLAN?

An action plan is a written set of instructions by my doctor or nurse practitioner on how I can change or add medications according to my symptoms and peak flow readings. This plan will help me know when my asthma symptoms are well controlled and when symptoms are changing.

## WHY IS MY ASTHMA ACTION PLAN DIVIDED INTO THREE DIFFERENT COLOUR ZONES?

The action plan is divided into three different zones: the **GREEN**, **YELLOW**, and **RED** zone. Each zone represents the level of my asthma control and what actions I should take based on my symptoms and peak flow readings.

 <p>The <b>GREEN</b> zone of <i>My Asthma Action Plan</i> means <b>my asthma is well-controlled</b> because:</p> <ul style="list-style-type: none"><li>• I do not have asthma symptoms more than two times per week (shortness of breath, cough, wheeze, or chest tightness)</li><li>• I am able to take part in physical activities</li><li>• I do not experience mild asthma symptoms more than one night a week</li><li>• I have peak flow readings within normal limits</li><li>• I have not missed any work, school, or regular activities due to asthma</li></ul> <p><b>I will refer to the Green Zone of My Asthma Action Plan</b> (page 2).</p>	 <p>The <b>YELLOW</b> Zone of <i>My Asthma Action Plan</i> means <b>my asthma is not well-controlled</b> because <b>one or more</b> of these statements apply to me:</p> <ul style="list-style-type: none"><li>• I have asthma symptoms more than two times per week</li><li>• I need my <b>RELIEVER</b> medication more than two times per week</li><li>• I am not able to take part in all my activities</li><li>• I have asthma symptoms more than one night a week</li><li>• I have missed work, school, or regular activities due to asthma</li><li>• I have a cold, virus, or flu</li></ul> <p><b>I will refer to the Yellow Zone of My Asthma Action Plan</b> (page 2).</p>	 <p>The <b>RED</b> Zone of <i>My Asthma Action Plan</i> means that <b>I am having an asthma emergency</b> because one or more of these statements apply to me:</p> <ul style="list-style-type: none"><li>• I have relief for less than 2-3 hours after taking my <b>RELIEVER</b> medication</li><li>• I am very short of breath, have continuous cough, wheeze, or chest tightness</li><li>• I am having a hard time speaking</li><li>• I have blue lips or nail beds</li><li>• I am pale, grey in colour, and sweating</li><li>• I have flaring nostrils</li><li>• I have sunken skin on my breastbone and between my ribs</li><li>• I feel really tired/lethargic or have fainted</li></ul> <p><b>I will refer to the Red Zone of My Asthma Action Plan</b> (page 2)</p>
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## WHAT DO I DO IF I AM USUALLY NOT IN THE GREEN ZONE AND MY ASTHMA IS NOT WELL-CONTROLLED?

If my asthma is not well-controlled, I will speak to my prescribing health provider and discuss different **CONTROLLER** medication options.

## WHO SHOULD HAVE COPIES OF MY ASTHMA ACTION PLAN?




It is a good idea that I have a copy of *My Asthma Action Plan* in a place that is easy to access and review. (Eg., on my fridge or near where I keep my medications). It may also be helpful for my prescribing health provider and pharmacist to have a copy as well.

[Download a free My Asthma Adult Action Plan and other lung health resources at LungSask.ca.](http://LungSask.ca)

# MY ADULT ASTHMA ACTION PLAN

I will take *My Adult Asthma Action Plan* to be reviewed at each visit with my doctor or nurse practitioner.

Name:	Date:
Doctor or Nurse Practitioner	Phone:
Emergency Contact Name:	Phone:

 <b>GREEN ZONE</b> My Asthma is <b>WELL-CONTROLLED</b>	 <b>YELLOW ZONE</b> My Asthma is <b>NOT WELL-CONTROLLED</b>	 <b>RED ZONE</b> I am having an Asthma <b>EMERGENCY</b>																																				
I will use my <b>CONTROLLER</b> and <b>RELIEVER</b> as prescribed.	I will use my <b>CONTROLLER</b> and <b>RELIEVER</b> as prescribed. I will use <b>ADD-ON</b> medication as prescribed.	I will <b>GO TO THE EMERGENCY DEPARTMENT</b> or <b>CALL 911 NOW!</b>																																				
<b>Peak Flow</b> (if used) My reading is 80% of my personal best. My peak flow reading is <input type="text"/>	<b>Peak Flow</b> (if used) My reading is 60-80% of my personal best. My peak flow reading is <input type="text"/>	<b>Peak Flow</b> (if used) My peak flow reading is less than 60% my personal best. My peak flow reading is <input type="text"/>																																				
<b>CONTROLLER:</b> Take daily to prevent asthma symptoms <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Medication</th> <th style="width: 15%;">Dose</th> <th style="width: 15%;"># of Puffs</th> <th style="width: 10%;"># per Day</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table>	Medication	Dose	# of Puffs	# per Day													<b>INCREASE or ADD CONTROLLER</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Medication</th> <th style="width: 15%;">Dose</th> <th style="width: 15%;"># of Puffs</th> <th style="width: 10%;"># per Day</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table>	Medication	Dose	# of Puffs	# per Day													<b>TAKE RELIEVER</b> every 10 - 20 minutes <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 100%;">Medication</th> </tr> </thead> <tbody> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> </tbody> </table>	Medication			
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	If your symptoms/peak flow don't improve in 2-3 days or your <b>RELIEVER</b> only lasts 2-3 hours or less, <b>GO TO THE RED ZONE</b> .																																					

*This Adult Asthma Action Plan was created with consultation from health providers and people living with asthma. The plan is non-commercial and publically available for free download.*