

My Asthma plan

This care plan is for blue
inhaler

Name D.O.B.....

My asthma triggers:
.....
.....

Remember to
use my inhaler
with a spacer

If I am short of breath, coughing, wheezing or
feels their chest is 'tight', Difficulty in talking

Give puffs of Salbutamol reliever inhaler via spacer. If my inhaler is
unavailable, I can use the school one.

Has my breathing returned to normal within 5 minutes?

YES

NO

Monitor closely and repeat
whole cycle if needed.
Please inform my parents
that I have used my inhaler in
school.

Sit up — don't lie down. Try to be calm. Take one puff of my
reliever inhaler every 30 to 60 seconds up to a total of 10
puffs.

Better

Deteriorating or
no change

Even if I start to feel better, I don't
want this to happen again, so I need
to see my doctor or asthma nurse
today so please inform my parents so
they can take me.

If I still don't feel better and I've taken
ten puffs, call 999 straight away. If I am
waiting longer than 15 minutes for an
ambulance I should take another one
puff of my blue reliever inhaler every 30
to 60 seconds up to 10 puffs.

Does doing
sport make
it hard to
breathe?

If YES I take:
.....puff/s of my
reliever inhaler
(usually blue)
beforehand.

Signature: _____