

Symptoms:²


- Whistling sound (wheezing) when breathing
- Breathless
- Tight chest
- Coughing



Common Triggers:²

- Infections
- Exercise
- Cold/damp air, smoke, air pollution
- Allergies (pollen, animals, dust mites)

Treatment:³


Usually treated with an inhaler  allows you to breathe in the medication

Aim: help you stay symptom free

Two main types of inhaler:

- Reliever inhaler (quickly relieve symptoms for a short time)
- Preventer inhaler (take daily as prescribed)



Important to have your inhaler technique checked & that you are using your inhaler as prescribed  using your inhaler correctly will allow you to get the full benefit of the medicine

Managing Your Asthma

What is Asthma?²

Long-term condition affecting your lungs, narrowing the tubes that carry air in/out of them.

Affects ~5 million people in the UK

No cure but simple treatments can keep symptoms under control

Know The Signs: Asthma Attack^{4, 5}

Asthma symptoms temporarily get worse & can be life-threatening.

Symptoms include:

- Reliever (blue) inhaler not helping
- Too breathless to speak/eat/sleep
- Lower peak flow score than normal
- Faster breathing

Management:

1. Sit up straight, try to keep calm
2. One puff of reliever inhaler every 30-60 seconds up to 10 puffs. If you feel worse/ or don't feel better after 10 puffs call 999 for an ambulance
3. If ambulance has not arrived after 10 minutes, repeat step 2
4. If can ambulance has not arrived after repeating the steps, call 999 again

Top Tips:³

- Asthma.org has a printable **Asthma Action Plan**
- Take your preventer inhaler everyday even if you feel well
- Always carry your reliever inhaler with you
- Check your inhaler technique is correct
- Attend your annual asthma review

1 My asthma triggers
Taking my asthma medicine every day will help reduce my reaction to these triggers. Avoiding them where possible will also help.

2 Keep a photo of it on your mobile phone or tablet – so you can check it whenever you are. You can also print it to a family member or friend, so they know what to do if your asthma symptoms get worse.

3 Check in with it regularly – put a note on your calendar or a monthly reminder on your phone to read it through. Are you remembering to use your everyday asthma medicine? Do you know what to do if your symptoms get worse?

4 Take it to every asthma appointment – including A&E consultants. Ask your GP or asthma nurse to update it if their advice for you changes.

Next asthma review date: _____
GP/asthma nurse contact: _____

Name: _____
Phone number: _____

Out-of-hours contact number
(ask your GP surgery who to call when they are out)

Phone number: _____

My asthma is being managed well

- With the daily routine I should expect to have in my symptoms
- If I have not had any symptoms or needed my reliever inhaler at least 12 weeks, I can ask my GP or asthma nurse to review my medicines to make sure we can reduce the dose.
- My personal best peak flow is: _____

My daily asthma routine:
My preventer inhaler (Smart brand/halbuterol)

I need to take my **preventer inhaler every day** even when I feel well.

I take _____ puffs in the morning and _____ puffs at night.

My reliever inhaler (Smart brand/halbuterol)

I take my **reliever inhaler only if I need to** (more than 2 puffs) if my reliever inhaler is out of these things:

- I'm wheezing
- My chest feels tight
- I'm finding it hard to breathe
- I'm coughing

Other medicines and devices I use (specify peak flow meter) I use for my asthma every day.

How to use it

Your asthma action plan can help you stay on top of your asthma.

To get the most from it, you could:

- 1 Put it somewhere easy to find – your fridge door, work/desk or bedside table.
- 2 Keep a photo of it on your mobile phone or tablet – so you can check it whenever you are. You can also print it to a family member or friend, so they know what to do if your asthma symptoms get worse.
- 3 Check in with it regularly – put a note on your calendar or a monthly reminder on your phone to read it through. Are you remembering to use your everyday asthma medicine? Do you know what to do if your symptoms get worse?
- 4 Take it to every asthma appointment – including A&E consultants. Ask your GP or asthma nurse to update it if their advice for you changes.

1 Every day asthma care:

My asthma is getting worse if I'm experiencing any of these:

- My symptoms are coming back (wheezing, tightness, or chest feeling breathless/heavy)
- I am waking up at night
- My symptoms are interfering with my usual day-to-day activities (at work, exercising)
- I am using my reliever inhaler three times a week or more.
- My peak flow is down to below: _____

2 When I feel worse:

My asthma is getting worse if I'm experiencing any of these:

- My symptoms are coming back (wheezing, tightness, or chest feeling breathless/heavy)
- I am waking up at night
- My symptoms are interfering with my usual day-to-day activities (at work, exercising)
- I am using my reliever inhaler three times a week or more.
- My peak flow is down to below: _____

3 If I'm having an asthma attack if I'm experiencing any of these:

- My reliever inhaler is not helping or I need it more often than usual.
- I find it difficult to walk or talk.
- I find it difficult to breathe.
- I'm wheezing a lot or I have a very tight chest, or I'm coughing a lot.
- My peak flow is below: _____

What to do in an asthma attack

- Sit up straight – try to keep calm.
- Take one puff of your reliever inhaler every 30-60 seconds up to 10 puffs. If you feel worse/ or don't feel better after 10 puffs, call 999 for an ambulance.
- Repeat step 2 after 15 minutes if you still feel worse.

After an asthma attack:

- If you don't with your asthma attack at home, see your GP or nurse.
- If you were treated in hospital, see your GP within 48 hours of being discharged.
- Check any medicines they prescribe you, even if you don't feel better.
- If you don't improve after treatment, see your GP regularly.

What to do in an asthma attack if I'm on HFA11:

Your asthma action plan

Fill this in with your GP or nurse



You can speak to your GP/Specialist Nurse about switching to inhalers with a lower carbon footprint

References: (1) Diagram of lungs: <https://lungdiseasesnews.com/2017/03/27/severe-asthmatics-hmgb1-protein-causes-lung-airways-narrow-eu-study-finds/> (2) <https://www.nhs.uk/conditions/asthma/> (3) <https://www.asthma.org.uk/advice/manage-your-asthma/adults/> (4) <https://www.blf.org.uk/support-for-you/asthma/> (5)