Patient Name Label

Maine Asthma Action/Management Plan

Personal best or predicted Peak Flow _____

Current Medications	How Much	How Often Each Day
Preventive/Controller Medicines		
Quick Relief Medicines		
Other Instructions:		

Remember to get your Flu shot each year!

Goals: ❖ No severe symptoms ❖ Can do activities of your choice ❖ No work or school missed due to asthma ❖ Best possible lung function ❖ No emergency visits or hospitalizations for asthma ❖ Lowest dose of medicines that control asthma with fewest side effects

YOUR GOALS: _____.

Green Zone

Doing Great!
Peak Flow
80-100%

Peak Flow =_____- _____

- No cough, wheeze, or difficulty breathing
- Sleep through the night
- Can do usual activities
- Peak flow 80-100% of personal best

- Take your regular preventive medicines
- Exercise regularly
- Avoid your triggers:

_____
_____
_____
_____

Yellow Zone

Caution!
Asthma is getting worse
Peak Flow
50-80%

Peak Flow = _____ - _____

- Cough, wheeze, short of breath, or using quick relief medicine more than two extra times per week
- Waking at night due to cough or wheeze more than 2 times a month
- Can't do regular activities
- Peak flow 50-80% of personal best

- ❑ Begin using quick relief nebulizer or quick relief inhaler every 4-6 hours
  Quick relief medicine:_____
- ❑ Other:_____
  _____

If your quick relief medicine isn't working or you are not getting better in 24-48 hours, please call your healthcare provider!

Red Zone

Peak Flow less than _____

- Very short of breath
- Hard time walking or talking
- Skin in neck or between ribs pulls in
- Quick relief medicines not helping
- Peak flow less than 50% personal best

- Take a nebulizer treatment, or 4 puffs of quick relief medicine <u>NOW</u>
- Call your healthcare provider NOW or go to the Emergency Room

OR

- Call 911

Other instructions:_____
_____
_____

Questions or problems? Please call us at tel. _____

_____ _____
Provider Signature / Clinician Signature **Date**

Adapted from NHLBI guidelines 1997, 2001

Maine Asthma Council

(Form revised 7/29/04)

For more copies of this plan, call the American Lung Association of Maine at 1-800-499-LUNG