

**Patient
Information**

Asthma Action Plan and Peak Flow Diary

Introduction

You have been given this booklet to help you manage your asthma. A peak flow diary is provided for you to record your peak flow readings. There is also space for you to record any symptoms you may have.

Name:
Date:
Best/predicted peak flow:

Asthma is a condition which can change for no apparent reason or as a result of exposure to known triggers.

Symptoms to look out for are:

- Night-time wakening with wheeze, cough or trouble breathing
- Cough or wheeze on physical exertion
- Blue reliever inhaler is less effective than usual
- Fall in your peak flow reading

Asthma action plan

If you have any of the above symptoms, and/or your peak flow falls to (75%), take your blue inhaler as often as required, and double your to puffs times a day.

If your symptoms continue to get worse, and/or your peak flow falls to (50%), take Prednisolone 30/40mg once a day until your peak flow returns to your usual value and for a further 5 days.

Reference No.

GHPI0786_03_25

Department

Respiratory

Review due

March 2028

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It is an emergency if:

- you have a very tight chest and finding it hard to breath
- you are unable to walk or talk properly
- your blue inhaler does not help
- our peak flow is under _____ **(33%)**

Call 999 for an ambulance.

If possible, let someone know you are unwell. Continue to take your blue inhaler until help arrives.

Try to stay as calm as possible.

How to use your peak flow meter

- Set the marker to zero
- Stand, holding the meter straight out in front of your mouth
- Take a deep breath in
- Seal your lips around the mouthpiece
- Blow out hard and fast into the meter
- Write down the reading of the marker
- Repeat the sequence twice more
- Record the highest of the 3 readings

Respiratory nurses contact numbers

Gloucestershire Royal Hospital
Tel: 0300 422 5968

Cheltenham General Hospital
Tel: 0300 422 4432

Patient Information

[illegible]

Symptoms (please tick box)		
a	Did you cough today?	
b	Did you wheeze today?	
c	Did your asthma wake you at night?	
d	Were you off school or work today?	
e	Were you short of breath today?	
f	Has your asthma made you avoid any activities today?	

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[illegible]

Symptoms (please tick box)		
a	Did you cough today?	
b	Did you wheeze today?	
c	Did your asthma wake you at night?	
d	Were you off school or work today?	
e	Were you short of breath today?	
f	Has your asthma made you avoid any activities today?	

Date														
am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	
														800
														700
														650
														600
														550
														500
														450
														400
														350
														300
														250
														200
														150
														100

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Date _____

[illegible]

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>