

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 variable 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 waking with wheeze, cough or trouble breathing
- Cough or wheeze on physical exertion
- Blue reliever inhaler is less effective than usual
- Fall in the peak flow reading

Asthma action plan

If you have any of these symptoms, and/or the peak flow falls to _____ (75%), take the 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 peak flow returns to your usual value and for a further 2 days.

Continue to take your inhalers as above.

It is an emergency if:

- You have a very tight chest finding it hard to breath
- You are unable to walk or talk properly

Reference No.

GHPI0786_02_18

Department

**Respiratory
 Medicine**

Review due

February 2021

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- Your blue inhaler does not help
- Your peak flow is under _____ (33%)

Do not be afraid to call an ambulance for help

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 horizontally near 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

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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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