

## HOW TO MANAGE MY ASTHMA AFTER DISCHARGE FROM HOSPITAL

Most people with asthma will be given a course of steroids (prednisolone) when they become unwell.

- If you have been started on a course of prednisolone, it is important that you complete the course that you have been given.
- Keep your regular treatments going, as advised.
- You should make an appointment to see your GP within 48 hours of discharge.

## GP ASTHMA CLINIC

Ask for a review if

- You are getting lots of mild attacks.
- Using your reliever inhaler more than three times per week, if you have one.
- Use the "Asthma Control Test" to see how you are doing. Find it at [www.asthma.org.uk](http://www.asthma.org.uk)

## BEFORE EXERCISE

Taking your reliever before you start may help you prevent wheezing and coughing.

## TRIGGERS THAT MAKE ME WHEEZE

Please list below:

## THESE ARE MY CONTACTS

Doctor (GP):

Nurse:

Hospital consultant:



## Want to give up smoking?

For free help and advice see your  
G.P or call for free

# 0800 085 2219

[www.helpmequit.wales](http://www.helpmequit.wales)



# ASTHMA

Management Plan

Asthmahub

To access your plan and get guides on managing your asthma, download the **AsthmaHub** app from the Google Play and The App Store



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ar Iechyd Anadlol  
Respiratory Health  
Implementation Group

# MONITORING YOUR ASTHMA

## Feeling mild

I am coughing and wheezing more.  
I am currently taking my reliever inhaler more than three times a week.  
My symptoms are interfering with my day to day activities.

My peak flow is between  and

## What to do next

- Take my reliever therapy as required – I can take up to a maximum of  puffs a day.

This number INCLUDES the puffs I may have already taken today.

## When you are well

No wheeze, no cough and no chest tightness.  
I don't have difficulty sleeping.  
My asthma does not interfere with my daily activities.  
I don't currently take my reliever therapy more than three times a week.

My current peak flow is more than

## What to do next

- Continue with regular preventer therapy as prescribed .
- If you remain well for over 3 months review your medication with your GP or practice nurse.

## Feeling moderate

I am coughing and wheezing more.  
I am currently taking my reliever inhaler more than three times a week.  
My symptoms are interfering with my day to day activities.

My peak flow is between  and

## What to do next

- Take my reliever therapy as required – I can take up to a maximum of  puffs a day.

This number INCLUDES the puffs I may have already taken today.

- If you have a rescue pack of oral steroids prescribed start taking these.

## If you are having a severe attack?

Distressed by cough, wheeze or breathlessness.  
I'm too breathless to complete sentences.  
I'm too breathless to speak.  
My reliever therapy does not help or does not last long.

My peak flow is less than

## What do do next, whilst waiting to be seen!

- Stay calm, sit up straight.
  - Take one puff of your reliever inhaler. Wait 2-3 minutes. Repeat.
  - Take up to a maximum of  puffs a day.
- This number INCLUDES the puffs I may have already taken today
- If you have a rescue pack of oral steroids prescribed start taking these.

If your symptoms do not settle call 999 for an ambulance or go to A&E immediately

Ensure you are seen by your GP or practice nurse within 48h of an asthma attack to ensure your medication is reviewed to prevent a further attack.

## As you improve

If you are not improving, see your GP today

If improving see your GP in the next few days

Continue with regular preventer therapy as prescribed.

## Regular treatment

### MART therapy

### Home rescue steroid/other