

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

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



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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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

- Continue with regular preventer therapy as prescribed.
- Restart regular preventer therapy if you haven't been using it.
- If advised by your asthma nurse or doctor increase preventer therapy.
- Take reliever therapy as required.

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

- Continue with regular preventer therapy as prescribed.
- Restart regular preventer therapy if you haven't been using it.
- If advised by your asthma nurse or doctor increase preventer therapy.
- Take reliever therapy as required..
- Start rescue pack of oral steroids if these have been prescribed
- Make a same-day appointment to see GP or practice nurse.
- Use reliever inhaler as needed every 4 hours.

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 every 30-60 seconds up to a maximum of 10 puffs.
- Continue to use 10 puffs of your reliever inhaler as often as needed.
- 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.

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.

As you improve

Increase reliever inhaler to 6-10 puffs every 4 hours via a spacer

If you are not improving, see your GP today

If improving see your GP in the next few days

Continue your preventer treatment

Regular treatment

Reliever therapy

Preventer therapy

Home rescue steroid/other