Asthma Action Plan

Naval Hospital Bremerton

Your Best Peak Flow: _____

Action Plan for: _____ Date: _____ PCM sig: _____ Patient sig: _____

Green Zone

GO!
Use your daily medicines

Signs 80 to 100% of your personal best. GO!	Action	Exercise
- Peak flow between _____ & _____ - No regular coughing - No wheezing - No chest tightness - No shortness of breath - No difficulty sleeping - Feel great - Normal activities	Take your maintenance medications **every day**. **DAILY TREATMENT PLAN:** ❑ Bronchodilator: _____ _____ puffs _____ times a day ❑ Anti-inflammatory: _____ ❑ Other: ❑ Other:	- If you have asthma problems with exercise, take 2 puffs of albuterol before exercise.

Yellow Zone

CAUTION!
Use short-acting bronchodilator plus your daily medicines

Signs 50 to 80% of your personal best. CAUTION!	Immediate Action	Call your clinic if:
- Peak flow between _____ & _____ - Persistent cough - Wheezing - Chest tightness - Shortness of breath - Difficulty sleeping due to wheeze or cough - Decreased activity level	❑ Take ____ puffs of your quick-relief (bronchodilator) medicine _____ Repeat _____times. ❑ Take ____ puffs of your anti-inflammatory medicine _____ , ____ times a day. ❑ Begin/increase treatment with oral steroids: Take ____ mg of _____ every a.m. _____ p.m. _____ ❑ Call your clinic (phone) _____ or after hours, call the emergency room.	 - You remain in the yellow zone more than 1 hour despite treatment. - You need to take your albuterol more than 4 times per day. - Unable to stop your albuterol after 3 days.

Red Zone

STOP!
Get help from your doctor

Signs 50% or less of your best. DANGER!!	Immediate Action	CALL 911 if:
- Peak flow less than _____ - Difficulty speaking - Unable to eat/drink due to breathing difficulty - Retractions: Sucking in the skin between the ribs or at the base of the neck	❑ Take _____ puffs of your quick-relief (bronchodilator) medicine _____ Repeat _____ times. ❑ Begin/increase treatment with oral steroids. Take _____ mg now. ❑ Call your clinic now. If you cannot contact your clinic go directly to the E.R. ❑ If improved, call your clinic or emergency room as soon as possible for guidance.	- Unable to speak - Confused or unresponsive - Have blue lips or fingernails **Emergency**

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