

My asthma triggers

Taking my asthma medicines every day means I'm less likely to react to these triggers. Avoiding them if I can may also help.

My triggers and what I do to manage them

For example: hay fever – I take antihistamines;
pollution – I avoid busy roads

My asthma review

I should have at least one routine asthma review every year. I will bring:

- My MART asthma action plan to see if it needs updating
- Any inhalers and spacers I have to check I'm using them correctly
- Any other medicines I take for my asthma
- My peak flow meter if I use one
- Any questions about my asthma.

Next asthma review date:

GP/nurse/healthcare professional contact details

Name:

Phone number:

Out-of-hours contact number (ask your GP surgery who to call when they are closed)

Name:

Phone number:

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Asthma and Lung UK, a charitable company limited by guarantee with company registration number 01863614, with registered charity number 326730 in England and Wales, SC038415 in Scotland, and 1177 in the Isle of Man.

How to use this plan

- 1 Put it somewhere easy to find** like your fridge door, noticeboard, or bedside table.
- 2 Keep it on your mobile phone or tablet** so you can check it wherever you are.
- 3 Share it with family, friends, or anyone you live with** so they know how to help you if you're unwell.
- 4 Take it to every asthma appointment.** Ask your doctor, nurse, or healthcare professional to update your plan if their advice for you changes.

Get more advice + support from Asthma + Lung UK

Speak to a respiratory nurse specialist about managing your asthma: **0300 222 5800 (Mon-Fri, 9am–5pm)**

Message our respiratory nurse specialists on WhatsApp: **07999 377 775**

Find out more on our website: **AsthmaAndLung.org.uk**

Join one of our online or in-person support groups: **AsthmaAndLung.org.uk/groups-support**

Follow us on Facebook, Twitter and Instagram for news and tips about your asthma.



Watch our inhaler videos to learn how to use your MART inhaler:
AsthmaAndLung.org.uk/inhaler-videos

Asthma questions?

Ask our respiratory nurse specialists
Call **0300 222 5800**. WhatsApp **07999 377 775**.
(Monday-Friday, 9am–5pm)



Your MART asthma action plan

Fill this in with your doctor, nurse or other healthcare professional.

Name and date:

1 Every day asthma care:

With this daily routine:

- I should have few or no asthma symptoms during the day and none at night (wheeze, tight chest, feeling breathless, cough).
- I should be able to do everything I normally do in my day-to-day life (working, being active, socialising).
- My personal best peak flow score is:
- Date taken

My Maintenance and Reliever Therapy (MART) inhaler is called (insert name):

I need to take my MART inhaler every day even when I feel well.

I take puff(s) in the morning
and puff(s) at night.

I use my MART inhaler as my reliever inhaler if I get asthma symptoms.

I take one puff of my MART inhaler if:

- I'm wheezing
- My chest feels tight
- I'm finding it hard to breathe
- I'm coughing.

I can take up to a **maximum** of puffs a day (including my morning and night puffs).

Other medicines and devices (for example, spacer, peak flow meter) I use for my asthma every day:

2 When I feel worse:

My asthma is getting worse if I'm experiencing any of these:

- My symptoms are getting worse (wheeze, tight chest, feeling breathless, cough).
- My symptoms are waking me up at night.
- My symptoms are affecting my day-to-day life (working, being active, socialising).
- My peak flow score drops to below:

If my asthma gets worse:

I can continue to take **one** puff of my MART inhaler as needed to deal with my asthma symptoms, up to a **maximum** of puffs a day (including my morning and night puffs).



URGENT! Contact your doctor, nurse or other healthcare professional if:

- You need to use the **maximum** daily dose of your MART inhaler and your symptoms are not improving **or**
- You're regularly using extra doses of your MART inhaler most days for weeks (as advised by your healthcare professional) **or**
- You're worried about your asthma.

Other advice from my doctor, asthma nurse or healthcare professional about what to do if my asthma is worse:

3 When I have an asthma attack:

I'm having an asthma attack if I'm experiencing any of these:

- My MART inhaler is not helping.
- I find it difficult to walk or talk.
- I find it difficult to breathe.
- I'm wheezing a lot, or I have a very tight chest, or I'm coughing a lot.
- My peak flow score is below:

What to do in an asthma attack

1. Sit up straight – try to keep calm.
2. Take one puff of your MART inhaler **every 1 to 3 minutes up to six puffs**.
3. If you feel worse at any point **or** you don't feel better after six puffs **call 999 for an ambulance**.
4. If the ambulance has not arrived after 10 minutes and your symptoms are not improving, **repeat step 2**.
5. If your symptoms are no better after repeating step 2, and the ambulance has still not arrived, **contact 999 again immediately**.

After an asthma attack

Follow this advice to make sure you recover well and to prevent further asthma attacks:

- If you dealt with your asthma attack at home, see your doctor or nurse today.
- If you were treated in hospital, see your doctor or nurse within 48 hours of being discharged.
- Finish any medicines they prescribe you, even if you start to feel better.
- If you don't improve after treatment, see your doctor, nurse or other healthcare professional urgently.

If you don't have your MART inhaler with you and need to use a blue reliever inhaler, take one dose every 30–60 seconds up to a maximum of 10 puffs and call 999 for an ambulance.