



Royal Berkshire
NHS Foundation Trust

My asthma plan

Name: _____

A record of my asthma medication and what to do if I have an asthma attack

1

My usual asthma medicine/s:

My **preventer inhaler** is called _____ and it is colour _____.

I take _____ puff/s in the morning and _____ puff/s at night. **I need to do this every day even if I feel well.**



My **reliever inhaler** is called **Salbutamol** and is colour **BLUE**

I take _____ puff/s of my reliever inhaler when I wheeze or cough, my chest hurts or it is hard to breathe

My other asthma medicines I take every day:

My **best peak flow** is _____

I need to always use my spacer when taking my inhaler/s



My asthma triggers:

- _____
- _____
- _____
- _____
- _____



Always keep your salbutamol inhaler (BLUE) and your spacer with you. You might need it if your asthma gets worse.

If sport makes it hard to breathe: I take _____ puffs of my salbutamol inhaler 15 to 20 minutes beforehand



2

My asthma is getting worse if:

- I wheeze/cough, my chest hurts or it's hard to breathe, or
- I need my **salbutamol** inhaler ___ or more times a week, or
- I'm waking up at night because of my asthma.

What do I do?

- I'll **continue** taking my **daily asthma medicines** as normal
- I'll take ___ puff/s of my **salbutamol** inhaler up to **every 4 hours**



If my **salbutamol** inhaler is **NOT** lasting for **4 hours**. I need to take **emergency action** (follow **section 3**)

3

I'm having an asthma attack if:

- I need my salbutamol inhaler more frequently
- It is hard to breathe
- I'm struggling to talk and walk
- I'm coughing or wheezing a lot

If I have an asthma attack, I should:

- **Call for help**
- Sit up and stay calm
- **Take ___ puffs/s** of my **salbutamol** inhaler



Not getting better?

- **Call 999 ASAP**
- **Repeat ___ puffs** of my **salbutamol** inhaler until I feel better and help arrives

Feeling better?

I should **get medical advice today**

My asthma nurse:

My next review is on:

Date: _____

Time: _____

Location: _____

Parents – get the most from your child’s action plan:

- **Take a photo** and keep it in your mobile (and child’s mobile if they have one)
- **Stick a copy** on your fridge door
- **Share** your child’s action plan with school

Adapted from Asthma UK and British Lung Foundation My Asthma Plan 2021.
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To find out more about our Trust visit
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Please ask if you need this information in another language or format.

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