Optima Health

Asthma Action Plan

Name: ____________________________ **Emergency Contact:** ______________________________ **Phone:**____________________ **Date:**_____________________

Doctor____ **Phone:**____

Severity level: ☐ Intermittent ☐ Mild ☐ Moderate ☐ Severe

Triggers: ☐ Outdoor Air/Pollutants/Irritants ☐ Cockroach ☐ Pets ☐ Mold ☐ Emotions ☐ Exercise ☐ Cold & Flu ☐ Food/Additives ☐ Pollen ☐ Environmental/Tobacco smoke ☐ Dust Mites/ Dust

Symptoms / Treatment

Well — Green Zone

- No cough
- No wheeze
- No chest tightness
- No shortness of breath

Peak Flow__________
(> 80 % of best peak flow)

Best Peak Flow __________

Medication	How Much	When
Before exercise:		

Sick — Yellow Zone

- Increased shortness of breath
- Coughing more than usual
- Increased wheezing
- Chest tightness
- Waking at night due to asthma
- Can do some, but not all, of the usual activities

Peak Flow______________
(50% - 80% of best peak flow)

1 Add Quick Relief Meds

Medication	How Much	When

2 If symptoms (& peak flow, if used) return to **GREEN Zone** after 1- hour after above treatment: Continue monitoring to be sure you stay in the **GREEN Zone**

OR

If symptoms (& peak flow, if used) don't return to **GREEN Zone** after 1-hour of above treatment:

Medication	How Much	When

Call your home care nurse or doctor in the next 24 hours if no improvement, Go to the hospital or Call 911

Emergency — Red Zone

- Very short of breath
- Quick Relief meds have not helped
- Cannot do usual activities
- Symptoms are same or worse after 24 hours in the **YELLOW Zone**

Peak Flow______________
(> 50% of best peak flow)

Go to the Hospital or Call 911 RIGHT AWAY or when Danger signs present:

- **Trouble walking due to Shortness of breath**
- **Lips or fingernails are blue**

Patient Education

- Medication Teaching
- Flu Shot
- Asthma Triggers
- Tobacco Cessation
- Activity
- Energy Conservation

Date	Initials	Date	Initials	Date	Initials	Date	Initials	Date	Initials

Adapted from: U.S. Department of Health and Human Services (2007). NIH, NHLBI. Asthma Action Plan. NIH Publication No. 07-5251 (April 2007), Retrieved August 2008, from http://www.nhlbi.nih.gov/health/public/lung/asthma/asthma_actplan.pd