



ASTHMA EDUCATION NEWSLETTER

The Role of an Asthma Action Plan

In our last newsletter, we talked about how to use a peak flow meter and the importance of calculating your peak flow zones. Now, we are going to learn more about how peak flow zones fit into our daily asthma management plan.

An asthma attack can occur at any time. That's why it is important to have a plan to follow in case of emergency or a change in asthma symptoms. Your doctor can help you fill out an asthma action plan worksheet that serves as your daily reminder of what to do when you are feeling well or if you are having asthma symptoms. ²

An asthma action plan includes several pieces of information. First, it should include all of your emergency phone numbers such as the doctor's office, parents work or cell phone number, and any other emergency information. That way, if you are not feeling well, you have your important numbers handy. Second, your action plan should list your peak flow zones and what to do in each zone. Your doctor may choose to adjust your medications depending on your symptoms and which peak flow zone you are in. The action plan will tell you exactly what medication to take, how much, and when. It will also tell you how to identify an asthma emergency, and when to call an ambulance. ¹

A written Asthma action plan is especially helpful for day care providers, baby sitters, teachers, and extended family who may not be familiar with how to treat asthma. A copy of your action plan should be posted in your home for quick reference. A second copy should be given to school or work, and to child care providers. ²

Asthma needs can change over time. Don't forget to bring your action plan to every doctor's appointment. Your doctor may need to adjust your plan depending on changes in the severity and frequency of your asthma symptoms.¹

From the Desk of the Asthma Educator

An asthma action plan is an important tool in helping you to control your Asthma. You may be wondering where you can find an example of one. Check with your doctor to see if he has one particular model that he likes to use with his patients. Or, you can find several different types of action plans by searching the internet for "asthma action plan forms". Choose an action plan form, fill it out with your doctor, and post it in your home. This is your quick reference for an asthma emergency. Follow your plan and stay healthy!

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UPCOMING ASTHMA EVENTS AT ST. ALEXIUS MEDICAL CENTER

October 15, 2009
7:00 PM

**Asthma: Fact,
Myth, and
Management**

4th Floor Confer-
ence Center

Call to RSVP:
847-843-2000
ext. 5391

UPCOMING NEWSLETTER TOPICS

- *Triggers
- *Action Plans
- *Environmental Controls
- *Special Topics in Asthma Management
- *And Much more!



¹ <http://www.mayoclinic.com/health/asthma/HQ00273>

² http://www.nhlbi.nih.gov/health/dci/Diseases/Asthma/Asthma_Treatments.html