

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 GP/healthcare professional today.
- ➔ If discharged from hospital contact your GP/healthcare professional within 30 days
- ➔ Finish any medicines they prescribe you, even if you start to feel better.
- ➔ If you don't improve, see your doctor urgently.

My Asthma review

I should have at least one asthma review every year with my GP/Consultant.

I will bring:

Please
tick ✓

My **MART Adult Asthma Action Plan**,
to check if it needs updating.

Any inhalers/spacers I have,
to check that I am using them correctly.

Any other medicines I take for my asthma.

My peak flow meter and diary, if I use one.

Any questions about my asthma.

**My asthma triggers and
what I do to manage them**

My next asthma review date if known

How to use your MART Adult Asthma Action Plan

- ➔ Put your MART Action Plan where you and your family can easily find it.
- ➔ Save a photo of your plan on your phone.
- ➔ Share a copy of your plan with family, friends and care-givers so they know what to do if you are unwell.
- ➔ Always bring your MART Action Plan with you to healthcare appointments and Emergency Department visits.

You can also help your Asthma by:

- ➔ **Staying active and taking exercise**
for at least 20 minutes each day
- ➔ **Maintaining a healthy weight**
- ➔ **Quitting smoking** (including e-cigarettes)
and **avoiding smoky environments.**

Call the **QUITline** on **1800 201 203**
or visit **www.quit.ie**

Get more advice and support from the Asthma Society of Ireland

FREE ASTHMA ADVICELINE

1800 44 54 64

FREE WHATSAPP MESSAGING SERVICE

086 059 0132 



Scan the QR code
to contact the
Asthma Society
or visit
www.asthma.ie



My Maintenance and Reliever Therapy (MART) Adult Asthma Action Plan

Date

Name

Date of Birth

MRN if known

Next of kin

Name

Contact number

GP/Out-of-hours Doctor

Name

Contact number

Known drug allergies

**A MART Adult Asthma Action Plan is your
personal guide to managing your asthma.**

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GREEN

Everyday asthma care. My asthma is controlled:

- ➔ I have no cough, wheeze, shortness of breath or chest tightness
- ➔ My asthma symptoms do not wake me at night and have not interfered with my usual activities or exercise
- ➔ I use my reliever inhaler twice a week or less
- ➔ My peak flow is between _____ and _____ (80–100%) of my personal best.

ACTION

I take my asthma medications, including inhalers, everyday or as prescribed.

My MART inhaler is:

Name:

Colour:

For Maintenance (regular use)

Dose:

Puffs: How often:

As a Reliever (as and when required)

Dose:

Puffs: How often:

Alternative reliever (if appropriate):

My other asthma medications:

- ➔ I take my reliever inhaler for symptoms of cough, wheeze, shortness of breath or chest tightness.
- ➔ I always carry my reliever inhaler with me.
- ➔ I take two puffs of my reliever inhaler before exercise if needed.

ORANGE

I am feeling unwell or I experience any of the following:

- ➔ I have cough, wheeze, shortness of breath or chest tightness
- ➔ I have asthma symptoms with exercise
- ➔ My asthma symptoms wake me at night
- ➔ I need to take days off school/college/work/socialising
- ➔ I am taking my reliever inhaler more than twice a week
- ➔ My peak flow is dropping
- ➔ I feel like I have a cold or flu

ACTION

1. **I should** take my asthma medications including inhalers daily/as prescribed.
2. Take one puff of my reliever inhaler when needed, up to a maximum of _____ puffs of this inhaler medication in total in any 24 hour period.
3. Measure peak flow more frequently

However if my asthma symptoms are still getting worse and I am worried

- or** I am using my maximum daily dose of reliever inhaler and not improving
- or** My peak flow is between _____ L/min (50–80% of my personal best)
- or** I am regularly using extra doses of my reliever inhaler most days (as advised by my healthcare professional below):

If symptoms **still** do not improve, contact your healthcare professional (GP/Nurse/out of hours doctor) or refer to the red section on next page.

RED

I am having an asthma attack or I experience any of the following:

- ➔ My asthma symptoms are getting worse quickly and I have increased cough, wheeze, shortness of breath or chest tightness
- ➔ I find it difficult to breathe, talk or walk
- ➔ The attack comes on suddenly
- ➔ My reliever inhaler gives little or no relief
- ➔ I have blue lips or fingernails
- ➔ My peak flow is dropping further or below _____ (<50% of my personal best)
- ➔ I am breathing fast and using my tummy and neck muscles

ACTION

THIS IS AN EMERGENCY – ACT NOW

Follow the 5 steps below. If you are worried or not improving at any stage, **CALL 999/112**

1. Stay calm. Sit up straight – do not lie down
2. Take slow steady breaths
3. Take ONE puff of my reliever inhaler every 1 to 3 minutes (max 6 puffs)

Inhaler name:

or Salbutamol via spacer ONE puff every minute (up to 10 puffs)
4. Call 999 or 112 if my symptoms do not improve after 10 minutes.
5. Repeat step 3 if an ambulance has not arrived.