

ASTHMA CARE PLAN

NAME: _____

DOCTOR: _____ DATE: _____

Phone for doctor or clinic _____

Please press firmly when writing so print goes through 3 ply form



Controlled Asthma Is:

1. No cough or wheeze during day or night.
2. Best possible lung function.
3. No missed school or work.
4. No emergency visits for asthma.
5. Few side effects from medicines.
6. Satisfied with asthma care.

1. Green = GO	Use long-term control medicine and avoid asthma triggers												
<ul style="list-style-type: none"> Breathing is good No cough or wheeze Can work and play  <p>If peak flow meter is used: Peak flow greater than _____ (80% of my personal best) My personal best peak flow is _____</p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%; border-bottom: 1px solid black;">Medicine</th> <th style="width: 30%; border-bottom: 1px solid black;">How much to take</th> <th style="width: 40%; border-bottom: 1px solid black;">When to take it</th> </tr> </thead> <tbody> <tr> <td style="border-bottom: 1px solid black;"> </td> <td style="border-bottom: 1px solid black;"> </td> <td style="border-bottom: 1px solid black;"> </td> </tr> <tr> <td style="border-bottom: 1px solid black;"> </td> <td style="border-bottom: 1px solid black;"> </td> <td style="border-bottom: 1px solid black;"> </td> </tr> <tr> <td colspan="3">20 minutes before exercise/sports, use: Albuterol / Maxair</td> </tr> </tbody> </table>	Medicine	How much to take	When to take it							20 minutes before exercise/sports, use: Albuterol / Maxair		
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20 minutes before exercise/sports, use: Albuterol / Maxair													
2. Yellow = CAUTION	Take quick-relief medicine to keep asthma from getting bad												
<ul style="list-style-type: none"> Cough Wheeze Tight chest Wake up at night  <p>This is not where you should be every day. Take action to get your asthma under control.</p> <p>If peak flow meter is used: _____ to _____ (50 - 79% of personal best)</p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%; border-bottom: 1px solid black;">Medicine</th> <th style="width: 30%; border-bottom: 1px solid black;">How much to take</th> <th style="width: 40%; border-bottom: 1px solid black;">When to take it</th> </tr> </thead> <tbody> <tr> <td style="border-bottom: 1px solid black;">Albuterol / Maxair</td> <td style="border-bottom: 1px solid black;"> </td> <td style="border-bottom: 1px solid black;">Now and every 4 hours until back in Green zone</td> </tr> <tr> <td colspan="3"> </td> </tr> </tbody> </table> <p>Special Directions:</p> <p>_____</p> <p>_____</p> <ul style="list-style-type: none"> <input type="checkbox"/> One hour after starting this Yellow Zone Plan; if you are not feeling better, or if you feel worse, follow Red Zone Plan <input type="checkbox"/> If you are still in the Yellow Zone after 12 hours of following this Yellow Zone Plan, call your doctor or clinic <input type="checkbox"/> Pay special attention to your Trigger Control Plan 	Medicine	How much to take	When to take it	Albuterol / Maxair		Now and every 4 hours until back in Green zone						
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3. Red = STOP = DANGER	Get help from a doctor now!												
<ul style="list-style-type: none"> Medicine is not helping Breathing is hard and fast Nose opens wide Can't walk Ribs show Can't talk well  <p>If peak flow meter is used: Peak flow less than _____ (50% of personal best)</p>	<p>Take these medicines until you talk to the doctor:</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%; border-bottom: 1px solid black;">Medicine</th> <th style="width: 30%; border-bottom: 1px solid black;">How much to take</th> <th style="width: 40%; border-bottom: 1px solid black;">When to take it</th> </tr> </thead> <tbody> <tr> <td style="border-bottom: 1px solid black;">Albuterol / Maxair</td> <td style="border-bottom: 1px solid black;"> </td> <td style="border-bottom: 1px solid black;">Now and every 20 minutes until you speak with a doctor</td> </tr> <tr> <td colspan="3"> </td> </tr> </tbody> </table> <p>Go to the hospital or call an ambulance if:</p> <ul style="list-style-type: none"> You are still in the red zone after 15 minutes AND You have not talked with your doctor <p style="text-align: center;">Danger Signs – CALL 911 if: Trouble walking or talking due to shortness of breath Lips or fingernails are pale blue or gray in color</p>	Medicine	How much to take	When to take it	Albuterol / Maxair		Now and every 20 minutes until you speak with a doctor						
Medicine	How much to take	When to take it											
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FAM allies works together with children and families connecting them to caring people, reducing hospital stays, and supporting healthy lives. Questions? call (414) 390-2179

Lead Agency - Children's Health System

PATIENT LABEL