

## ASTHMA SELF-MANAGEMENT PLAN (ADULTS)

NAME	MR #	DATE	MD	CALL CENTER ADVICE
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- Use of your daily peak flow/symptom diary will give you better control of your asthma.
- **MY PERSONAL BEST PEAK FLOW READING = \_\_\_\_\_.**
- If your peak flow is less than 80% of your personal best, check your peak flow 2-3 TIMES A DAY and follow the self-management plan below as indicated.
- Be sure to **use a spacer with your inhalers.**
- At the **start** of a **cold**, follow your SELF-MANAGEMENT PLAN in the YELLOW ZONE and monitor your peak flow carefully.
- During your **"asthma season,"** or after contact with a trigger, monitor your peak flow carefully and anticipate the need to step up to your YELLOW ZONE plan.

ZONE	ACTION
<b>GREEN ZONE: THIS IS YOUR DAILY PLAN.</b>	
ABOVE 80% _____ (OPTIMALLY 90% _____ ). <ul style="list-style-type: none"> <li>• Able to do usual activities.</li> <li>• Sleeping all night.</li> <li>• Your asthma bothers you less than twice a week.</li> </ul>	Controller: QVAR™ (40/80)/Flovent® (44/110/220)/Pulmicort® _____ puffs _____ times/day. Reliever: Albuterol®: <b>Take only if needed</b> for asthma symptoms. 2 or _____ puffs 20 min. before exercise or every _____ hours <b>as needed</b> for asthma symptoms. (Your reliever should NOT be used regularly when you are in the green zone.) Other: _____ mg or puffs every _____ hours or _____ times/day. Other: _____ mg or puffs every _____ hours or _____ times/day.
<b>YELLOW ZONE: INCREASE IN SYMPTOMS.</b>	
ALSO USE AT THE <b>START OF A COLD AND CONTINUE FOR _____ DAYS.</b> RANGE 50% _____ TO 80% _____. <ul style="list-style-type: none"> <li>• Increased symptoms - including waking at night.</li> <li>• Usual activities somewhat limited.</li> <li>• Increased cough, chest tightness, or wheezing.</li> <li>• Peak flow does not return to the green zone after a few doses of the reliever.</li> </ul>	<b>Consider what may be causing your flare-up (e.g., infection, heartburn, allergies, smoke, etc.) and treat the problem.</b> Increase fluid intake. Increase Controller: QVAR™ (40/80)/Flovent® (44/110/220)/Pulmicort® to _____ puffs _____ times/day. Increase Reliever: Albuterol® to _____ puffs every _____ hours until back into the green zone. Then use as needed. Other: _____ mg or puffs every _____ hours or _____ times/day. <input type="checkbox"/> Same as green zone Other: _____ mg or puffs every _____ hours or _____ times/day. <input type="checkbox"/> Same as green zone <b>If you are not improving after 2-3 days and your Peak Flow remains below 65% _____, use the Yellow Zone controller dose for at least 2-3 weeks and begin Prednisone/Medrol® dose as in the red zone.</b> <input type="checkbox"/> <b>CONTACT YOUR PHYSICIAN OR CARE MANAGER OR</b> <input type="checkbox"/> _____
<b>RED ZONE: MEDICAL ALERT.</b>	
BELOW 50% _____ <b>before</b> Reliever. <ul style="list-style-type: none"> <li>• Medications have not reduced symptoms.</li> <li>• Peak flow reading stays low.</li> <li>• Very short of breath.</li> <li>• Usual activities severely limited.</li> <li>• Persistent cough, and/or wheeze, waking up several times at night due to asthma.</li> </ul>	<b>Immediately begin Prednisone/Medrol® dose _____ mg _____ times/day.</b> Increase Reliever: Albuterol® 4 - 6 puffs or nebulizer every 10 - 20 minutes up to 3 times only. <b>Then _____ puffs every _____ hours.</b> Controller: QVAR™ (40/80)/Flovent® (44/110/220)/Pulmicort® _____ puffs _____ times/day. Other: _____ mg or puffs every _____ hours or _____ times/day. <input type="checkbox"/> Same as green zone Other: _____ mg or puffs every _____ hours or _____ times/day. <input type="checkbox"/> Same as green zone <input type="checkbox"/> <b>CONTACT YOUR PHYSICIAN OR CARE MANAGER OR</b> <input type="checkbox"/> _____ <b>If not significantly improved, go to the EMERGENCY ROOM. Have a plan for getting Emergency Care QUICKLY. ALWAYS CARRY A RELIEVER MEDICATION WITH YOU.</b>
<b>DANGER SIGNS:</b>	
<b>Difficulty walking/talking due to shortness of breath.</b> <b>Unable to catch breath or struggling to breathe.</b>	<b>GO TO THE EMERGENCY ROOM OR CALL 911 NOW.</b>