

Remember: take your MART inhaler **before** you come into contact with any of your triggers if needed and regularly in response to symptoms if you have a cold.

My Triggers are:

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Common Triggers are:

- Viruses
- Changes in weather
- House dust mites
- Animal fur, feathers and their bedding
- Foods
- Exercise
- Upset, distress, and emotions
- Smoke – cigarettes and fires

Additional Comments:

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Your Asthma Nurse's name and telephone number is:

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Your doctor's name and telephone number is:

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**MART
Asthma Management
Plan For**

Best Peak Flow

Date



Recommended websites
www.beatasthma.co.uk

Asthma+LungUK at:
www.asthma.org.uk

<https://uk-air.defra.gov.uk/forecasting/>

This leaflet is intended for colour printing.

Please take this with you when you visit your doctor or asthma nurse.

Green zone – Good



Your asthma is under control if:

- your breathing feels good
- you have no cough or wheeze
- your sleeping is not disturbed by coughing
- you are able to do your usual activities
- you are not missing school
- your Peak Flow, is around your best

BEST PEAK FLOW

Green Zone Action - take your normal medications

Your preventer and reliever (MART) inhaler are the same device. It is a..... colour and is called

You take puffs/sucks every morning and every night even when you are well.

If you have symptoms, take 1 **extra** puff/suck of your MART inhaler as needed.

Other asthma medications you take are:

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If you are regularly needing extra doses of MART or you are needing more than **4 extra** doses in 24 hours

Move to the AMBER ZONE

Amber zone – Warning



If you are regularly needing extra doses of MART or your asthma interferes with normal activity or sleep, ask your asthma nurse or GP for a review.

Warning signs that your asthma is getting worse

- you have symptoms (cough, wheeze, 'tight chest' or feel out of breath)
- you need your extra MART doses more than usual
- your **extra** MART doses are not lasting **four hours**
- your peak flow is down by about a third

PEAK FLOW 1/3 DOWN

Amber Zone Action – continue your normal medicines AND

You have already had 4 **extra** doses of your MART inhaler and you still have symptoms or a dose is not lasting 4 hours

- Take another dose of your MART inhaler and wait 10 mins
- If you still have symptoms after 10 mins repeat this up to maximum of **4 extra** doses.
- You **must** be seen by a medical professional (GP, asthma nurse, walk in centre or out of hours service) within the next 24hrs even if you feel better.
- Start keeping a record of symptoms and peak flow readings to take to the Doctor.
- You should never have more than a total of **8 extra** doses of your MART in 24 hours.

IMPORTANT:

- If you have had a total of **8 extra** MART inhaler doses and still have symptoms

Move to the RED ZONE

Red zone – Severe



You are in the red zone if you have taken all of your MART inhaler doses and it is not relieving symptoms or you still have any of the following symptoms:

- you are still breathing hard and fast
- you still feel tight and wheezy
- you are too breathless to talk in a sentence
- you are feeling frightened and exhausted

Other serious symptoms are:

- colour changes - very pale / grey / blue
- using rib and neck muscles to breath, nose flaring

Red Zone Action

CALL 999

- Asthma can be life threatening
- Do not attempt to do a peak flow
- Do not use any more MART inhaler
- Start using your blue reliever inhaler with a spacer. Take 1 puff at a time, breathing at a normal rate for 4-5 breaths, every 30 seconds until the ambulance arrives
- Stay where you are and keep calm
- If the young person becomes unresponsive and has an adrenaline pen for allergies- use it now

Additional comments or information

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