

# Emergency Asthma Plan

Dear doctor

\_\_\_\_\_ has been discharged from the Emergency Department following treatment for Acute Exacerbation of Asthma

Treatment included the following medications

- Salbutamol and Ipratropium Bromide
- Salbutamol                       IVI: Hydrocortisone
- Adrenaline                         Oral: Prednisolone

Other treatments: \_\_\_\_\_

## Patient Instructions

Please make an appointment to see your GP within \_\_\_\_\_ days.

## Discharge Medications

**Preventer:** \_\_\_\_\_

Inhaled: \_\_\_\_\_ Use: \_\_\_\_\_ times/day

Oral: \_\_\_\_\_ Take: \_\_\_\_\_ times/day

For \_\_\_\_\_ days. Then \_\_\_\_\_

**Reliever:** (Ventolin, Asmol)

Inhaled \_\_\_\_\_ Use: \_\_\_\_\_

for relief of wheeze or cough as required.

Other: \_\_\_\_\_

**Symptoms can get worse quickly - follow asthma first aid plan when there are the following Danger Signs**

**DANGER SIGNS** are wheezing, shortness of breath, chest tightness which continue after using the reliever or comes back within minutes of using the reliever medication (blue puffer)

Also if there is severe shortness of breath or where a person has difficulty speaking or crying because of breathlessness.

## ASTHMA FIRST AID PLAN

**Step 1 Sit the person upright and give reassurance. Do not leave the person alone**

**Step 2. Without delay give 4 separate puffs of a reliever (Airomir, Asmol, Epaq or Ventolin). The medication is best given one puff at a time via spacer device. Ask the person to take 4 breaths from the spacer after each puff of medication.**

**Step 3. Wait 4 minutes. If little or no improvement, repeat steps 2 and 3**

**Step 4. If there is still little or no improvement call an Ambulance (Dial 000)**

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# Asthma Plan Emergency Department

This leaflet contains:

- Instructions for medications until you see your doctor.
- Asthma First Aid Plan (back of leaflet)
- Asthma Education information and appointment.

## Emergency Department Asthma Action Plan

Asthma is a very common condition. In Australia more than a million people of all ages have asthma. Almost half the children of Australia will have asthma at some stage of growing up.

### What is asthma?

Asthma is a disease which makes breathing difficult. It may make people wheeze and cough and feel short of breath. It is important to know what causes your asthma (triggers) and how to avoid asthma attacks.

You must know what to do when you have an asthma attack.

Asthma can be controlled by working with your doctor and taking puffers/medications which prevent asthma

**Please see your doctor within the next 3 days (take this Action Plan with you).**

1. Take your medication according to this plan, until you see your doctor.
2. Try and avoid triggers that make your asthma worse.
3. Record your peak flow readings twice a day.
4. Remember this plan is only suitable for a few days.

### Peak Flow measurements

(adults and older children only)

When my asthma is controlled my peak flow is:

_____		
Date	Time	Reading
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

### Education Program

Wimmera Health Group holds an education program for people or carers of people with asthma.

Some topics covered are :

- What is asthma and what causes the wheeze, cough and shortness of breath?
- Asthma medications—the four types of medications.
- How to use the medications?
- How to control your asthma—long term management?
- Importance of an asthma action plan.
- Peak flow monitoring.
- Recognition of asthma triggers and how to avoid them.
- How to prevent exercise induced asthma?
- Smoking.
- Children and asthma—natural history of childhood asthma.
- Your child and management at school.

### APPOINTMENT INFORMATION

You have been referred to the asthma educator who will contact you and arrange a time which suits you to attend in the Community Rehabilitation Centre, Arapiles Building, Wimmera Health Care Group.

Date and time of Education Session:

Information: Arapiles Reception  
Ph: 5381 9333