

Photo of child

Based on Asthma UK health care plan

# My Health Care Plan for Asthma

I self medicate (Y/N): \_\_\_\_\_

## Daily care routine (mainly preventative)

I need to take my preventer inhaler every day.

It is called:  
and its colour is:

I take \_\_\_\_\_ puff/s of my prevent inhaler in  
the morning and \_\_\_\_\_ puff/s at night.

(I do this every day even if my asthma's  
OK.)

Other asthma medicines I take every day:

Name:

D.o.b.:

School and class:

Contact details parents/  
carers:

Key Healthcare  
professionals

## What is this plan for?

It tells me and others:

- What medicines to take to stay well.
- What to do if my Asthma gets worse

## 1. My reliever inhaler helps when I have symptoms

- It is called: \_\_\_\_\_  
and its colour is: \_\_\_\_\_
- I take \_\_\_\_\_ puff/s of my reliever  
inhaler when I wheeze or cough,  
my chest hurts or it's hard to  
breath

**\*If I need my reliever inhaler (usually blue)  
when I do sports or activity, I need to see my  
doctor or asthma nurse.**

## 2. My asthma is getting worse if...

- I wheeze, cough, my chest hurts,  
or it's hard to breathe or
- I need my reliever inhaler (usually  
blue) three or more times a week  
or
- I'm waking up at night because of  
my asthma (**this is an important  
sign and I will book a next day  
appointment**)

## If my asthma gets worse, I will:

- Take my preventer medicines as  
normal
- Take \_\_\_\_\_ puff/s of my reliever  
inhaler (usually blue) every four  
hours if needed (if I need it more  
than every four hours, we will take  
emergency action)
- See my doctor or nurse within 24  
hours if I don't feel better.

**Other things my doctor or nurse say I  
can do when my asthma is getting  
worse. (e.g. check my peak flow):**

Remember to use my spacer  
with my inhaler if I have one.  
(If I don't have one, I'll check  
with my doctor or nurse if it  
would help me.)



### 3. I'm having an asthma attack if...

- My reliever inhaler isn't helping or I need it more than every four hours **or**
- I can't talk, walk or eat easily **or**
- I'm finding it hard to breathe **or**
- I'm coughing or wheezing a lot or my chest is tight/hurts.

#### If I have an asthma attack, I will:

- **Call for help**
- **Sit up** – don't lie down.
- **Try to be calm**
- **Take one puff of my reliever inhaler** (with my spacer if I have it) **every 30 to 60 seconds** up to a **total of 10 puffs**

**If I don't have my reliever inhaler, or it's not helping**, the school will **call 999** straightaway.

While I wait for an ambulance, I can use my blue reliever again, every 30 to 60 seconds (up to 10 puffs) if I need to.

**Even if I start to feel better**, I don't want this to happen again, so I need to see my doctor or asthma nurse **today**.

### Where will my inhaler (and spacer) be kept?

I will have one in the school office (mine or spare) and one in my class

If I go on a trip, the trip leader will ensure my inhaler and spacer are taken too. They will make sure I have it with me or I'm always near someone who is looking after it. They will plan this using **the trip risk assessment form**.

### Triggers for my Asthma

### Specific support for my social, emotional and mental health and any other information:

#### Plan created and agreed by: **Parents/Carers (P/C)**

In addition to this plan, I agree to the use of the school's spare inhaler in an emergency if my child's is not present: Yes: No:

I'm happy for this plan to be shared with all adults who work with my child  
Yes: No:

P/C 1:

P/C 2:

**On behalf of school staff**