

Remember:

If you have a cold, you may be more sensitive to your triggers and may need to use your MART inhaler more often.

It is normal to breathe faster and more deeply during exercise. Only have an extra suck of your MART inhaler for this if you:

- also have wheeze, coughing or chest tightness or
- the shortness of breath doesn't go away after you stop exercising.

My Triggers are:

-
-
-
-

Common Triggers are:

- Viruses
- Changes in weather
- House dust mites
- Animal fur, feathers and their bedding
- Foods
- Exercise
- Upset, distress, and emotions
- Indoor air pollution (e.g. damp and mould)
- Outdoor air pollution (e.g. car fumes)

Additional Comments:

-
-
-

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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.....

Your regular asthma treatments:

Your MART inhaler is called:

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Your maximum sucks in one day is ..12..

Your maximum sucks in one go is ..6..

Your other regular treatments:

.....

.....

Recommended websites
www.beatasthma.co.uk

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

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



12+ MART
Asthma Management
Plan For

Best Peak Flow

Date



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

Green zone – Good



You have 1 inhaler device that is used as your preventer and reliever inhaler
This is known as a **MART** inhaler

You take _____ suck (s) in the morning
You take _____ suck (s) at night

You should take it everyday along with your other regular asthma treatments, even when you are well
You should always have it with you

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 you best at

Green Zone Action

- If you have symptoms of cough, wheeze, chest tightness or shortness of breath:
 - take 1 suck of your MART inhaler
 - You can repeat this once after 2 minutes if needed
 - This should make you feel better
 - You should rarely need extra sucks if your asthma is good

If you are regularly needing extra sucks of MART or your asthma interferes with normal activity or sleep, arrange a review with your asthma nurse or GP

If you have had 2 extra sucks and still have symptoms:

Move to the AMBER ZONE

Amber zone – Warning



Warning signs that your asthma is getting worse

- You have used 2 extra sucks of your MART inhaler, but you still have a cough, wheeze or 'tight' chest and feel out of breath
- your peak flow is down by about a third

PEAK FLOW 1/3 DOWN

Amber Zone Action

continue your normal medicines AND

- Take another suck of your MART inhaler
- You can repeat this after a few minutes if needed until you have a total of **4 extra** sucks
- You **must** be seen by a healthcare professional (GP, asthma nurse, walk in centre or out of hours service) within the next 24hs even if you feel better
- Start keeping a record of your symptoms and peak flow readings to take to the Doctor
- You should never have more than a total of 12 extra sucks of your MART in 1 day

IMPORTANT If you have had:

4 extra sucks in one go
Or a total of 12 sucks in one day
And still have symptoms

Move to the RED ZONE

Red zone – Severe



You are in the red zone if you have had:

- 4 extra sucks of MART in one go
Or
Your total daily maximum of 12 sucks
And
- 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

- Sit up and try to stay calm
- Take up to another 2 sucks of your MART inhaler, one at a time as needed
- If you feel better after a total of 6 sucks in a row, arrange an urgent medical review in the next few hours
- If you still have the symptoms listed above:

CALL 999

Asthma can be life threatening

- If the ambulance has not arrived after 10 minutes, call it again
- Do not attempt to do a peak flow
- If you still have symptoms while waiting for the ambulance, keep taking 1 suck every 2 mins
- If your MART inhaler is not available, use the blue inhaler with a spacer instead. Take 1 puff at a time, breathing at a normal rate for 4-5 breaths, every 30 seconds until the ambulance arrives
- If the young person becomes unresponsive and has an adrenaline pen for allergies-use it now