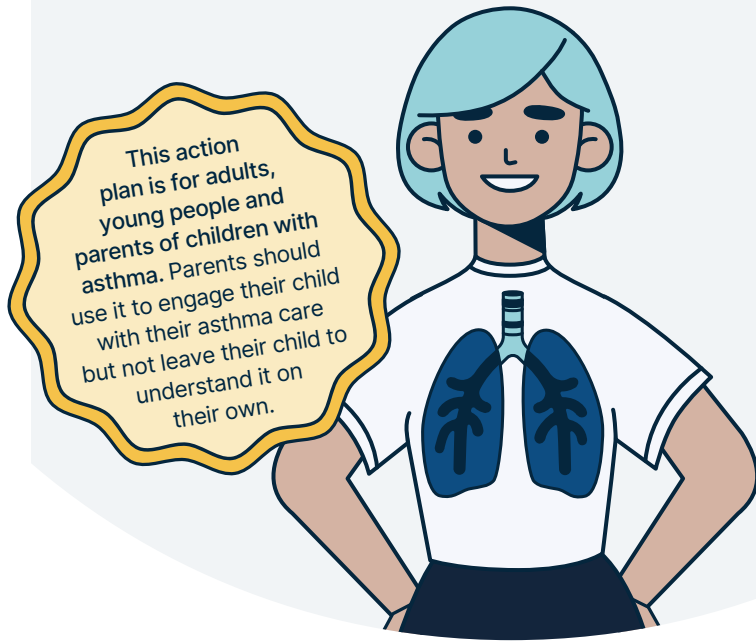


My MART Asthma Action Plan



First name:

Surname:

Surgery:

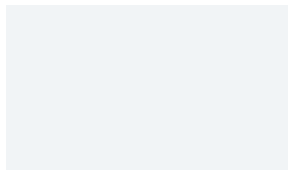
Nurse/doctor name:

Date completed:

/ /

MART inhaler type:

Please take a photo of your inhaler and upload it from your device.



Usual daily dose (plus extra reliever doses as needed - see plan):

Other asthma medication:

What is asthma?

Asthma is a chronic inflammatory disease of the airways. The airways become sensitive and react to triggers. (See asthma triggers)

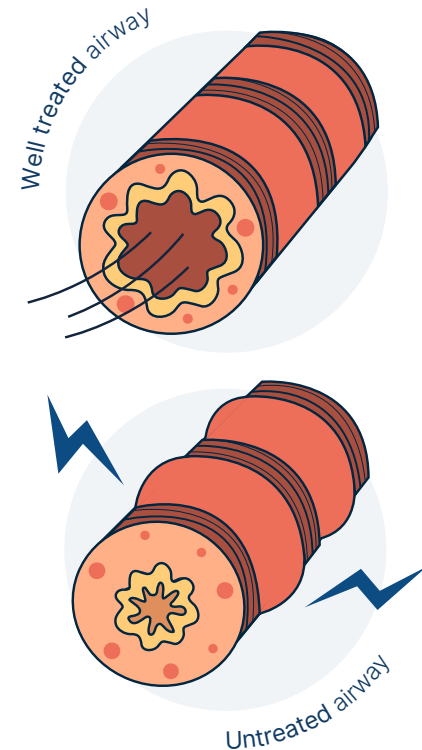
Symptoms include wheezing, breathlessness, chest tightness, and coughing.

Treat asthma using a single inhaler to reduce inflammation and open the airways.

Have a personalised asthma action plan

Management involves avoiding triggers where possible and taking inhalers as prescribed.

Asthma control is good when I have no symptoms BUT I should still use my inhaler every day.



What is MART?

MART (Maintenance and Reliever Therapy) is a simple way to manage asthma with one inhaler:

1

One inhaler for everything
Daily treatment and quick relief of symptoms.

✓

Convenient
Easy to remember and manage.

Combination inhaler
2 medicines, one to reduce inflammation and the other to open airways.

Personalised and tailored to my specific needs for better asthma control.

Asthma Triggers



Asthma triggers are things that can cause asthma symptoms or attacks. Tick the boxes to highlight your triggers.

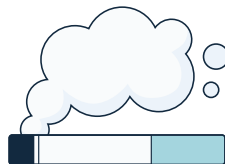
Strong emotions and stress



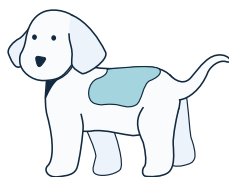
Strong smells



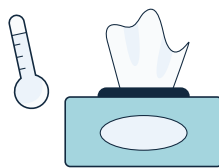
Smoke



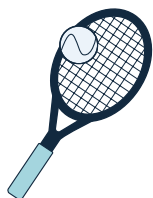
Furry pets



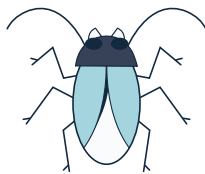
Colds and viruses



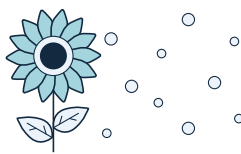
Exercise



Cockroaches



Pollen



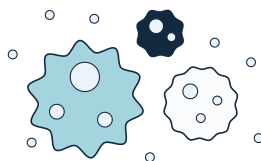
Changes in the weather



Cold air



Mould and mildew



Food allergies



Dust and dust mites



Other



My asthma is good



I don't have a cough or wheeze. I can exercise as usual and I'm sleeping well.

To keep my asthma under control: I take my normal treatment every day, even when I feel well. I use the same inhaler as a preventer (maintenance) and as a reliever.

I take __ puff(s) AM and __ puff(s) PM.

I use my inhaler as a reliever if I get asthma symptoms: I take one puff as needed.

My asthma is not good



I am breathless, I'm coughing, especially at night, I have difficulty sleeping (because of my asthma) or I need extra puffs 3+ times a week.

When my asthma is not good: I must continue taking my normal treatment every day AND:

- Take 1 extra puff as needed

My inhaler is:

Budesonide + formoterol: I can take ____ additional puffs a day

Beclometasone + formoterol: I can take ____ additional puffs a day

- Seek medical advice if I need more than puffs in 24 hours, even if I'm feeling better. Please note: Puffs include AM and PM doses and a total of can be taken for a maximum of 48 hours only.

I am having an ASTHMA ATTACK



My inhaler is not helping, or I need to use it again within 4 hours. I am struggling to breath, have excessive coughing, a tight chest, I'm wheezy and unable to speak in full sentences.

- Sit up right
- Loosen tight clothing
- Take 1 puff → Wait 1-3 minutes → no improvement repeat up to a maximum of puffs.

If I am no better, seek emergency medical advice - CALL 999. Whilst waiting for medical assistance, repeat the steps above. Even if I feel better, I should contact my doctor or nurse within 48 hours of an asthma attack.

