

## 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

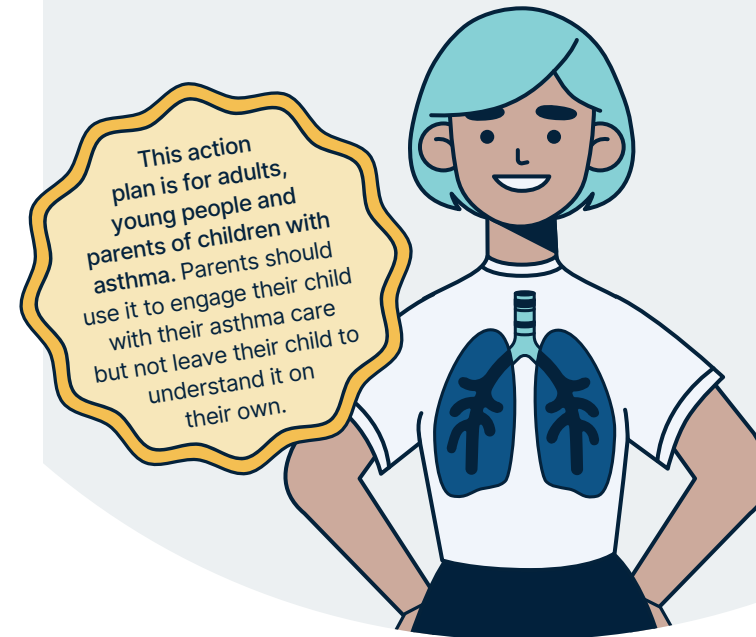


My inhaler is not helping, or I need to use it again within 4 hours. I am struggling to breath, have excessive coughing, a tight chest, I'm wheezy and unable to speak in full sentences.

- 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.

# My MART Asthma Action Plan



First name:

Surname:

Surgery:

Nurse/doctor name:

Date completed:

□ □ / □ □ / □ □

MART inhaler type:

(please see the digital version of this plan for a list of all current license MART inhalers)

Usual daily dose:

(plus extra reliever doses as needed - see plan)

Other asthma medication:

The Fostair pDMI 100/6 and NEXThaler 100/6, Luforbec 100/6, Proxor pDMI 100/6 and Bibecfo pDMI 100/6 inhalers are licensed for MART at 1 puff twice a day plus added doses as needed (up to a maximum of 8). Any prescribing outside of this is off label and at the prescriber's discretion.



## What is asthma?

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

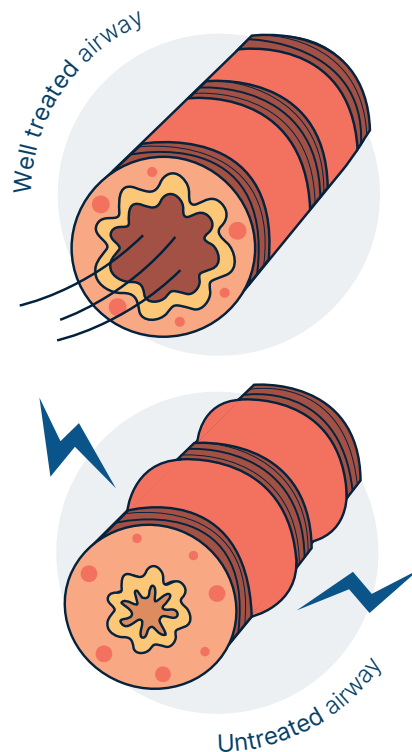
**Symptoms** include wheezing, breathlessness, chest tightness, and coughing.

**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:

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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.

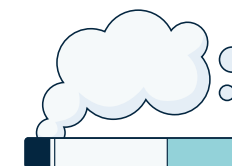
## Asthma Triggers

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

Strong smells ☐



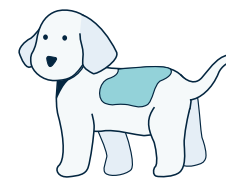
Smoke ☐



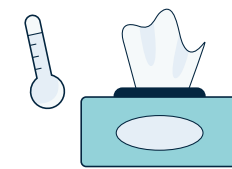
Strong emotions and stress ☐



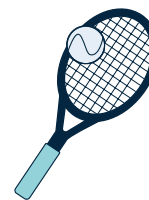
Furry pets ☐



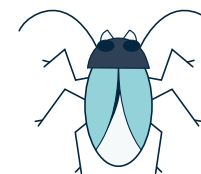
Colds and viruses ☐



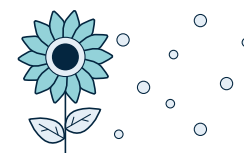
Exercise ☐



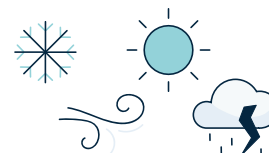
Cockroaches ☐



Pollen ☐



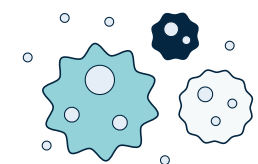
Changes in the weather ☐



Cold air ☐



Mould and mildew ☐



Food allergies ☐



Dust and dust mites ☐



Other ☐

