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: A total daily dose of _____ puffs can be taken for a limited period.*

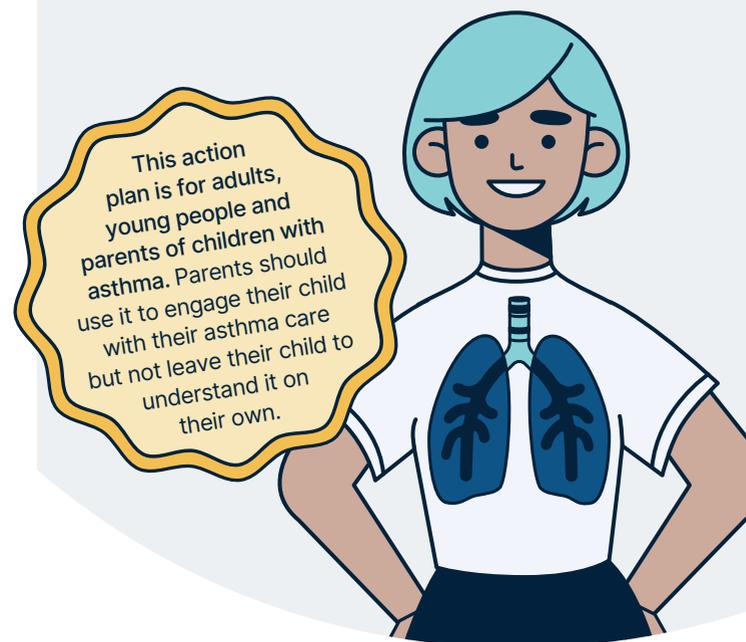## I am having an ASTHMA ATTACK

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.

PCRS

ASTHMA **RIGHT CARE**

My MART Asthma Action Plan

This action plan is for adults, young people and parents of children with asthma. Parents should use it to engage their child with their asthma care but not leave their child to understand it on their own.

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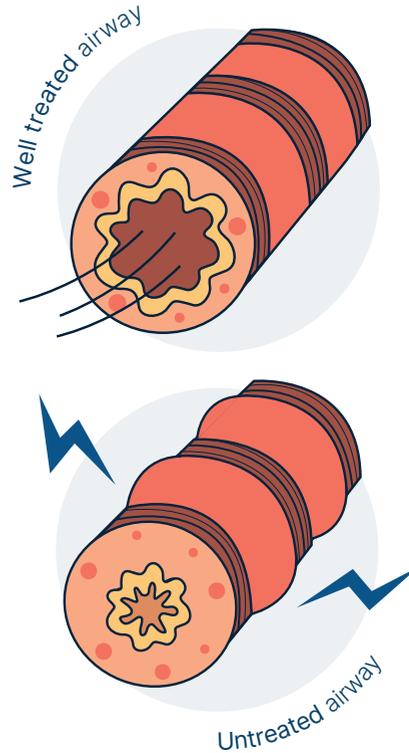
Symptoms include wheezing, breathlessness, chest tightness, and coughing.

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.
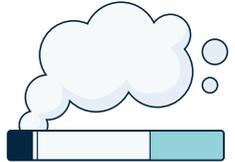
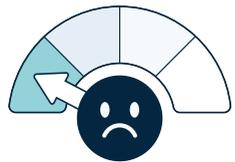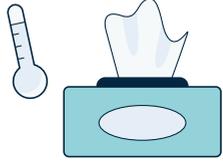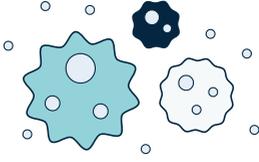Well treated airway

Untreated airway

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.

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

Convenient Easy to remember and manage.

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 ☐