

(Example of action plan template for budesonide/formoterol. A similar action plan could be constructed for other ICS/formoterol formulations, eg, mometasone/formoterol)

# My Asthma Action Plan

For Single Inhaler Maintenance and Reliever Therapy (SMART) with budesonide/formoterol

Name: \_\_\_\_\_ Action plan provided by: \_\_\_\_\_

Date: \_\_\_\_\_ Doctor: \_\_\_\_\_

Usual best PEF: \_\_\_\_\_ L/min (if used) Doctor's phone: \_\_\_\_\_

## Normal mode

### My SMART Asthma Treatment is:

- budesonide/formoterol 160/4.5 (12 years or older)
- budesonide/formoterol 80/4.5 (4-11 years)

### My Regular Treatment Every Day:

(Write in or circle the number of doses prescribed for this patient)

Take [1, 2] inhalation(s) in the morning and [0, 1, 2] inhalation(s) in the evening, every day

### Reliever

Use 1 inhalation of budesonide/formoterol whenever needed for relief of my asthma symptoms

I should always carry my budesonide/formoterol inhaler

### My asthma is stable if:

- I can take part in normal physical activity without asthma symptoms
- AND**
- I do not wake up at night or in the morning because of asthma

## Other Instructions

\_\_\_\_\_

\_\_\_\_\_

## Asthma Flare-up

### If over a Period of 2-3 Days:

- My asthma symptoms are getting worse **OR NOT** improving
- OR**
- I am using more than 6 budesonide/formoterol reliever inhalations a day (if aged 12 years or older) or more than 4 inhalations a day (if aged 4-11 years)

### I should:

- Continue to use my regular everyday treatment **PLUS** 1 inhalation budesonide/formoterol whenever needed to relieve symptoms
- Start a course of prednisolone
- Contact my doctor

### Course of Prednisolone Tablets:

Take \_\_\_\_\_ mg prednisolone tablets per day for \_\_\_\_\_ days **OR**

\_\_\_\_\_

\_\_\_\_\_

- If I need more than **12 budesonide/formoterol inhalations (total)** in any day (or more than 8 inhalations for children 4-11 years), I **MUST** see my doctor or go to the hospital the same day.

## Asthma Emergency

### Signs of an Asthma Emergency:

- Symptoms getting worse quickly
- Extreme difficulty breathing or speaking
- Little or no improvement from my budesonide/formoterol reliever inhalations

**If I have any of the above danger signs, I should dial \_\_\_\_\_ for an ambulance and say I am having a severe asthma attack.**

### While I am waiting for the ambulance start my asthma first aid plan:

- Sit upright and stay calm.
- Take 1 inhalation of budesonide/formoterol. Wait 1-3 minutes. If there is no improvement, take another inhalation of budesonide/formoterol (up to a maximum of 6 inhalations on a single occasion).
- If only albuterol is available, take 4 puffs as often as needed until help arrives.
- Start a course of prednisolone tablets (as directed) while waiting for the ambulance.
- Even if my symptoms appear to settle quickly, I should see my doctor immediately after a serious attack.