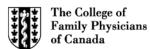
FAMILY PHYSICIAN AIRWAYS GROUP OF CANADA



Le Collège des Family Physicians médecins de famille du Canada



Asthma Action Plan

| Patient Name | Date | |
|---|---|---|
| Physician | | |
| Your Triggers: | | |
| Symptoms Cough, Shortness of Breath, or Wheezing) | Action | Best Peak Flow |
| | | |
| Enjoying usual exercise. Needing Reliever less than 4 times a week. No cough or wheeze at night. No days off work/school | Controller Medicine | |
| Feel free to use your Reliever medicine before exercise | Reliever Medicine | |
| | | Range (85-100% Predicted Best) |
| Yellow = Loss of adequate control | ol of asthma | |
| Needing Reliever more than 3 times a week. Cough or wheeze at night more than 1 night a week Unable to do usual activities due to Asthma Getting a "cold" | Controller Medicine Take puffs of your until peak normal or symptoms are gone for | flow returns to |
| | Increase Reliever up to every | |
| Feel free to use Reliever medicine before exercise | TakePrednisone fo days. | Range (60-85% Predicted Best) |
| If you enter the yellow zone-contact your Doctor's G | Office | (11 11 11 11 11 11 11 11 11 11 11 11 11 |
| | | |

If you cannot speak.

If you have Shortness of breath at **rest**.

If your reliever does not work.

If you know from past experience that this is a severe attack.

Go to the Nearest Emergency

Take 2 puffs of your reliever every 10 minutes while travelling to hospital or waiting for help. Do not attempt to drive yourself- seek help!

Range (< 60% Predicted Best)

Developed by Dr A. Kaplan / Dr J. Lowry / K. Downey CAE