

# Asthma Action Plan



## General Information:

Name \_\_\_\_\_  
 Emergency contact \_\_\_\_\_ Phone numbers \_\_\_\_\_  
 Physician/healthcare provider \_\_\_\_\_ Phone numbers \_\_\_\_\_  
 Physician signature \_\_\_\_\_ Date \_\_\_\_\_

Severity Classification	Triggers	Exercise
<input type="radio"/> Intermittent <input type="radio"/> Moderate Persistent <input type="radio"/> Mild Persistent <input type="radio"/> Severe Persistent	<input type="radio"/> Colds <input type="radio"/> Smoke <input type="radio"/> Weather <input type="radio"/> Exercise <input type="radio"/> Dust <input type="radio"/> Air Pollution <input type="radio"/> Animals <input type="radio"/> Food <input type="radio"/> Other _____	1. Premedication (how much and when) _____ 2. Exercise modifications _____

## Green Zone: Doing Well

Peak Flow Meter Personal Best = \_\_\_\_\_

### Symptoms

- Breathing is good
- No cough or wheeze
- Can work and play
- Sleeps well at night

### Control Medications:

Medicine	How Much to Take	When to Take It

### Peak Flow Meter

More than 80% of personal best or \_\_\_\_\_

## Yellow Zone: Getting Worse

Contact physician if using quick relief more than 2 times per week.

### Symptoms

- Some problems breathing
- Cough, wheeze, or chest tight
- Problems working or playing
- Wake at night

### Continue control medicines and add:

Medicine	How Much to Take	When to Take It

### Peak Flow Meter

Between 50% and 80% of personal best or \_\_\_\_\_ to \_\_\_\_\_

**IF your symptoms (and peak flow, if used) return to Green Zone after one hour of the quick-relief treatment, THEN**

- Take quick-relief medication every 4 hours for 1 to 2 days.
- Change your long-term control medicine by \_\_\_\_\_
- Contact your physician for follow-up care.

**IF your symptoms (and peak flow, if used) DO NOT return to Green Zone after one hour of the quick-relief treatment, THEN**

- Take quick-relief treatment again.
- Change your long-term control medicine by \_\_\_\_\_
- Call your physician/Healthcare provider within \_\_\_\_\_ hour(s) of modifying your medication routine.

## Red Zone: Medical Alert

Ambulance/Emergency Phone Number: \_\_\_\_\_

### Symptoms

- Lots of problems breathing
- Cannot work or play
- Getting worse instead of better
- Medicine is not helping

### Continue control medicines and add:

Medicine	How Much to Take	When to Take It

### Peak Flow Meter

Less than 50% of personal best or \_\_\_\_\_ to \_\_\_\_\_

**Go to the hospital or call for an ambulance if:**

- Still in the red zone after 15 minutes.
- You have not been able to reach your physician/healthcare provider for help.
- \_\_\_\_\_

**Call an ambulance immediately if the following danger signs are present:**

- Trouble walking/talking due to shortness of breath.
- Lips or fingernails are blue.

1. The first part of the document discusses the general principles of the project. It outlines the objectives and the scope of the work. The second part describes the methodology used in the study. This includes the data collection methods and the analysis techniques. The third part presents the results of the study. These results are compared with previous research and discussed in the context of the field. The final part of the document is a conclusion. It summarizes the findings and provides recommendations for future research.

2. The methodology section details the experimental design and the data collection process. It describes the sample size and the selection criteria for the participants. The data collection methods include interviews, surveys, and observations. The analysis techniques used are statistical methods and content analysis. The results section presents the findings of the study. It shows that there is a significant difference between the two groups. The first group performed better than the second group. This finding is consistent with previous research. The conclusion section summarizes the main findings and provides recommendations for future research. It suggests that further studies should be conducted to explore the underlying mechanisms of the observed effects.

3. The results section shows that the first group performed significantly better than the second group. This finding is consistent with previous research. The conclusion section summarizes the main findings and provides recommendations for future research. It suggests that further studies should be conducted to explore the underlying mechanisms of the observed effects. The methodology section details the experimental design and the data collection process. It describes the sample size and the selection criteria for the participants. The data collection methods include interviews, surveys, and observations. The analysis techniques used are statistical methods and content analysis.