

Asthma check-ups

It's really important that I see my doctor or asthma nurse for regular check-ups, at least every 12 months, even when I am well. I go more frequently if my asthma control is not good.

Date my Asthma Plan was completed/...../.....

Date of my next asthma review/...../.....

My best peak flow is litres/min

What is MART—Maintenance and Reliever Therapy

Your inhaler is a combination inhaler containing a steroid (a preventer) which reduces the underlying inflammation and sensitivity in the airways, as well as a long acting reliever which relaxes tightened airways. The long acting reliever also has a fast acting reliever component and can therefore be used for both regular daily maintenance treatment and for the relief of asthma symptoms.

A separate reliever inhaler is therefore not always necessary.

Triggers

Things that make my asthma worse and what you can do to help.

.....
.....

Remember

- Keep your plan up to date.
- Take a photo and keep it on your mobile.
- Take your medication as prescribed.
- Regularly check your inhaler technique with your doctor or nurse.

Where can I find out more about asthma?

My doctor or asthma nurse are the best people to give advice on looking after my asthma. But there are lots of websites that give asthma information, and two good ones are:

- www.asthma.org.uk
- www.nhs.uk— type in the word “asthma” into the search box at the top right of the page.

For more help and support you can also contact the

Asthma UK Advice-line

Call 0300 222 5800 (9am –5pm Mon—Fri)

or

Message on WhatsApp 07378 606 728

Useful Contact Numbers

My GP Surgery:

Tel:

Out of hours: 111

The Princess Royal Hospital:

The Children's Assessment Unit

01952 565918

The Children's Respiratory Nurse Specialists

01952 565931, 01952 565932, or 01952 641222 ext. 4003

Version 6

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March 2022

This Asthma Plan belongs to

.....

(Insert child's full name)

.....

(DOB

NHS Number)

**MAINTENANCE AND RELIEVER
THERAPY (MART) Children 12-17yrs**



**Shrewsbury and Telford
Hospitals NHS Trust**

**Telford and Wrekin Clinical
Commissioning Group**

**Shropshire Clinical
Commissioning Group**

My asthma control is good

Perfect control means that I have no symptoms and I do not need to use any extra puffs of my inhaler. My asthma has not interfered with my usual activities. I take daily maintenance doses of my inhaler every morning and evening even when I am well.

My Maintenance and Reliever Therapy (MART/SMART)

The medicine in my inhaler is called: _____

The strength of my inhaler : _____

The colour of my inhaler is: _____

Every morning I take: _____ Puffs

and in the evening I take: _____ Puffs

Other asthma medicines I take are

.....
.....
.....

My Reliever Inhaler.

- (MART) is when you just have one inhaler which contains a combination of medicines to help your asthma.
- I should always carry my inhaler with me to use as a reliever when needed.
- I can take additional puffs of my inhaler when needed for relief of my asthma symptoms.

Question:

Are you needing to take your inhaler more than three times per week?
Or is asthma waking you more than one night per week?

Advice:

This means your asthma is not well controlled & you need to talk to your doctor or asthma nurse.

My asthma control is worse

My asthma is getting worse if any of the following are happening.

- I have a cough or a wheeze and it's getting harder to breathe.
- My chest is tight or hurts.
- I am waking up at night because of my asthma.
- My Peak Flow is less than.....litres/min

When this happens

- I should take 1 puff of my inhaler when I need to for relief of my asthma symptoms.
- I can take up to a total of 6 additional puffs of my inhaler on any signal day. But no more than a maximum of a total of 8 puffs per day including my normal maintenance treatment.

This helps, and I don't need any more than 1 to 3 extra puffs of my inhaler in one day.

I should be seen by my doctor or nurse for a routine review

This helps, but I don't get better and I continue to need additional puffs of my inhaler.

I can continue to take up to eight puffs per day and I need to be seen by a doctor or nurse the same day.

It doesn't help at all or it is wearing off very quickly.

Treat as an Asthma Attack.

Seek Urgent medical Help.

Question:

Does running, playing or doing PE always make you wheezy?

Advice:

Then talk to your nurse or doctor. It may mean your asthma control is not good. You will need an asthma review.

When I have an asthma attack

I may be having an asthma attack if any of the following are happening

- I am getting little or no help from my inhaler or it wears off very quickly.
- I can't walk, talk, eat or drink easily.
- I am breathing hard and fast.
- I am coughing or wheezing a lot, my chest is very tight or hurts a lot.
- My peak flow is less thanlitres/min.

When this happens

I should take 1 puff of my Inhaler, then wait 1 –2 minutes and if there is no improvement take another puff, up to a maximum of 6 additional puffs. If I have been told by my nurse or doctor I may be able to take up to 8 additional puffs.

OR

If I have a separate blue reliever inhaler and a spacer, I can 1 puff every 1-2 minutes up to 10 puffs, until help arrives or I start to feel better.

I feel better.

But I don't want this to happen again.

Arrange to see a doctor or asthma nurse today.

It is important to seek help and advice after an asthma attack.



I don't feel better.

Call for help
I need to call 999 or see a doctor straight away

