

ASTHMA MANAGEMENT PLAN

Asthma is known as reactive airway disease. That means that sometimes your lungs and breathing are normal, and sometimes you react to being exposed to something to which you are allergic. Such things are called “triggers.” It is important for you to identify your allergies or triggers so that you can avoid them when you are vulnerable.

Many people with asthma do not yet “feel bad” when their lungs *begin to react*. You can learn to recognize that early reaction by measuring how well air moves out of your lungs when you blow. This is called *peak flow measurement*.

There are many medicines to help with asthma. Some of these are new and will take a while to learn. *Controller* medicines are used to keep your breathing and peak flow near normal. *Reliever* medicines are used to respond when your peak flow *begins to go down*. The Green zone of your peak flow is when you are normal. the Yellow zone means your peak flow has dropped and you need to use the reliever medicines. The Red Zone means you are in trouble and need to share your care with your doctor.

Please review the attached sheets of information. Do not try to learn everything at once, but stay with it and you will understand and become successful at managing your asthma.

PLEASE DO NOT hesitate to call us if you have any questions or problems at any time.

AIRWAY MANAGEMENT PLAN

Treatment Plan Date _____ Doctor _____ Office Phone _____

Patient Name _____ DOB _____ Plan Update _____

Last Hospital/ ER Visit _____ Predicted Peak Flow _____

ZONE	WHAT YOU NEED TO DO
<p>GREEN- Your peak flow looks terrific! Your reading is _____ which is 90% to 100% of your best CONTINUE PRESENT MEDICATIONS</p>	<ul style="list-style-type: none"> • _____ • _____ • _____
<p>GREEN- Your peak flow looks pretty good. Your reading is _____ which is 80% to 89% of your best CONTINUE PRESENT MEDICATIONS</p>	<ul style="list-style-type: none"> • _____ • _____ • _____
<p>YELLOW- Your peak flow is down. Your reading is _____ which is 60% to 79% of your best PLEASE USE PRESENT MEDICATIONS CAREFULLY!</p>	<ul style="list-style-type: none"> • _____ • _____ • _____ • _____
<p>RED- Your peak flow is not looking good. Your reading is _____ which is less than 60% of your best CALL YOUR DOCTOR IMMEDIATELY!</p>	<ul style="list-style-type: none"> • _____ • _____ • _____ • _____