

Asthma action plan for young adults (>12yo)

When well

- No asthma symptoms of cough, wheeze, chest tightness, shortness of breath
- Can exercise without asthma symptoms
- Not waking at night due to asthma symptoms
- Need reliever medication less than twice a week (not including before exercise)

What should I do?

Asthma preventer medication (tick applicable):

- ☐ NIL
- ☐ mcg, take puffs twice a day
- ☐ Symbicort rapihaler 150/3mcg or 100/3mcg, 2 puffs twice a day
- ☐ Symbicort turbuhaler 100/6mcg or 200/6mcg inhalations twice a day
- ☐ Monteluklast tablet mg once a day

When unwell

- Starting to get asthma symptoms
- Asthma symptoms with a cold
- Waking at night due to asthma symptoms

What should I do?

- ☐ Give reliever therapy 2-12 puffs via a spacer every 3-4 hours as needed *or*
- ☐ Symbicort rapihaler 50/3 or 100/6 mcg 1-2 puffs every 3-4 hours *or*
- ☐ Symbicort turbuhaler 100/6 or 200/6mcg 1 inhalation every 3-4 hours day
- ☐ Continue daily preventer ☐ Change preventer

Severe

Needing reliever therapy more than every 3 hours for one or more of the following:

- Wheeze
- Chest tightness
- Increased work of breathing

What should I do?

- ☐ Give Symbicort to a maximum 10 inhalations a day and/or
- ☐ Give 12 puffs as often as needed and see a doctor **or come to hospital as soon as possible**
- ☐ If prescribed, start oral steroid as advised by your doctor

Danger signs

- Needing reliever more than every half an hour
- Difficulty speaking due to breathlessness
- Frightened
- Exhausted
- Blue around the lips

What should I do?

CALL AN AMBULANCE on 000

- While waiting, try to stay calm and give Salbutamol (Ventolin) 4 puffs every 4 minutes and use a spacer if available

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Medication to take after going home

Date of discharge

- ☐ Prednisolone mg in the morning with food for days
- ☐ Reliever puffs/inhalations 4 times a day for the next 2 days then as needed for relief of symptoms

Follow up

- ☐ GP follow up in days
- ☐ Outpatient clinic in weeks
- ☐ Asthma nurse clinic in weeks
(These appointment letters will be posted to you)

Symbicort **SMART** regime – Symbicort Maintenance And Reliever Therapy

Symbicort is the only inhaler that can be used in low doses as a preventer twice daily and as a required reliever therapy - due to its rapid onset and long acting reliever combined with an anti-inflammatory medication.

Is your asthma well controlled? Symptoms when unwell

- Night-time or early morning cough, wheeze or chest tightness
- Symptoms with exercise
- Using reliever more than twice a week for relief of symptoms
- Missing school due to asthma

Exercise – 3 strikes and you're out!

- ☐ If you get exercise induced asthma, take 2 puffs of reliever before sport - **strike 1**
- ☐ If you develop asthma symptoms again with sport, take 2-4 puffs/inhalations of reliever medication and wait 5 minutes. If better resume playing - **strike 2**
- ☐ If you need reliever therapy again, stop, take 2-4 puffs of reliever and do not resume sport that day - **strike 3**

Patient name: Compiled by: Signature: Date:

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