

# Asthma Action Plan

For use with a Symbicort Turbuhaler



**Asthma**  
Foundation VIC

Photo

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Confirmed Triggers

☐ Child can self administer if well enough.

☐ Child needs to pre-medicate prior to exercise.

**ALWAYS give adrenaline autoinjector FIRST, and then asthma reliever puffer** if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms.

Adrenaline autoinjector prescribed: ☐ Y ☐ N Type of adrenaline autoinjector: \_\_\_\_\_

## SIGNS AND SYMPTOMS

### MILD TO MODERATE

- Minor difficulty breathing
- May have a cough
- May have a wheeze

Other signs to look for:

### SEVERE

- Cannot speak a full sentence
- Sitting hunched forward
- Tugging in of skin over chest/throat
- May have a cough or wheeze
- Obvious difficulty breathing
- Lethargic
- Sore tummy (young children)

### LIFE-THREATENING

- Unable to speak or 1-2 words
- Collapsed / Exhausted
- Gasping for breath
- May no longer have a cough or wheeze
- Drowsy/ Confused / Unconscious
- Skin discolouration (blue lips)

## ASTHMA FIRST AID

**For Severe or Life-Threatening signs and symptoms, call for emergency assistance immediately on Triple Zero "000"**  
Mild to moderate symptoms do not always present before severe or life-threatening symptoms

1. Sit the person upright
  - Stay with the person and be calm and reassuring
2. Give \_\_\_\_\_ separate doses of Symbicort
  - Breathe in through mouth strongly and deeply
  - Remove Turbuhaler from mouth before breathing gently away from the mouthpiece
3. Wait 4 minutes
  - If there is no improvement, give \_\_\_\_\_ dose of Symbicort
4. If there is still no improvement call emergency assistance
  - Dial Triple Zero "000"
  - Say 'ambulance' and that someone is having an asthma attack
  - Keep giving \_\_\_\_\_ dose of Symbicort every 4 minutes until emergency assistance arrives (**maximum 6 doses in total**)

**If maximum dose is reached before emergency services arrive follow the 4 x 4 asthma first aid plan on reverse**

**Commence CPR at any time if person is unresponsive and not breathing normally.**



- Unscrew and lift off cap. Hold turbuhaler upright
- Twist blue base around all the way, and then back all the way
- Breathe out gently away from turbuhaler
- Do not breath in to it
- Put mouthpiece in mouth ensuring a good seal is formed with lips
- Breathe in through mouth strongly and deeply. Remove turbuhaler from mouth
- Hold the breath for about 5 seconds or as long as comfortable. Breathe out

Emergency Contact Name: \_\_\_\_\_

Work Ph: \_\_\_\_\_

Home Ph: \_\_\_\_\_

Mobile Ph: \_\_\_\_\_

Plan prepared by Dr or Nurse Practitioner: \_\_\_\_\_

I hereby authorise medications specified on this plan to be administered according to the plan.

Signed: \_\_\_\_\_

Date prepared: \_\_\_\_\_

Date of next review: \_\_\_\_\_