The Asthma Action Plan

The Asthma Action Plan is a written plan for managing asthma symptoms; it is created specifically to meet the needs of the individual with asthma. The action plan provides a scale to gauge the severity of symptoms and a written plan for handling emergency situations.

All persons with asthma should have a written Asthma Action Plan. Caregivers of children with asthma, including school nurses, teachers, coaches and daycare providers should have a copy of the child’s Asthma Action Plan, to provide guidance, in the event of a severe exacerbation (attack).

It is critical that persons with asthma learn to monitor their symptoms and recognize symptom patterns that indicate whether the medication dosage and treatment plan are sufficiently managing the disease symptoms.

Self-monitoring of asthma symptoms will help persons with asthma recognize early warning signs that lead up to an exacerbation, thereby allowing the individual to adjust his or her medication accordingly or to contact their healthcare provider for guidance.

The written Asthma Action Plan describes how to manage an exacerbation, the levels of severity, how to categorize symptoms, and what to do at each level of severity. The written plan should include the following information:

- Early signs of worsening asthma
- Medications to use, the dosage, and how to administer the medication
- Specific instructions for when and how to contact your healthcare provider

Talk to your healthcare provider about developing a written Asthma Action Plan specifically for you or your child with asthma and see your provider on a regular basis.
Asthma Action Plan
Patient name_________________
Medical Record #______________

**GREEN ZONE**
Breathing is good, no cough or wheeze. No cough, wheeze, or chest tightness during work, school, exercise, or play. Use daily preventive (anti-inflammatory).

**ACTION:** Follow your regular treatment plan.

**YELLOW ZONE**
Cough, wheeze, tightness in the chest, waking up at night. Increased need for inhaled, quick-relief medicine. Use quick-relief (short-acting bronchodilator) in addition to preventive medicine.

**ACTION:** 1. Take 2 puffs of albuterol (Proventil or Ventolin), or 1 nebulizer treatment with 1 vial of albuterol or Xopenex. You may repeat this treatment twice if needed. Wait 20 minutes between treatments.

2. If your symptoms are better after these treatments:
   a. Increase __________________
   b. Continue albuterol 2 puffs or 1 nebulizer treatment with albuterol or Xopenex every 3-4 hours as needed.
   c. Call the doctor in the morning.

   If your symptoms are not better:
   a. Take prednisone ____mg or prelone ____teaspoon now, and each morning for 5 days.
   b. Continue albuterol 2 puffs or 1 nebulizer treatment with albuterol or Xopenex every 3-4 hours as needed.
   c. Call the doctor in the morning.

**RED ZONE**
Medicine is not helping. Breathing is hard and fast. Nose opens wide when you breathe. Cannot talk or walk well. Ribs show when you breath. DANGER! Get help from a doctor.

**ACTION:** 1. Take 2 puffs of albuterol (Proventil or Ventolin), or 1 nebulizer treatment with 1 vial of albuterol or Xopenex. You may repeat this treatment twice if needed. Wait 20 minutes between treatments.

2. Take prednisone ____mg or prelone ____teaspoon now, and each morning for 5 days.
   If your symptoms are better: a. continue albuterol 2 puffs or nebulizer treatment every 3-4 hours as needed. b. Call the clinic as soon as possible.
   c. If your symptoms are not better, go to the emergency room right away!

*Created by Dr. Michael Romano MD MBA and Heidi Putman RN MSN DNSc
West Virginia University*