



MY ASTHMA CHECKLIST



Name:

Asthma Control

Most days you should be free of asthma symptoms but triggers may make your asthma worse. Using this checklist can help you to identify your triggers, and along with your Asthma Action Plan it will help you to know when to see your doctor or change your usual treatment.

Good asthma control means:

- ☐ Able to do all of your usual activities e.g. running, playing
- ☐ No asthma symptoms at night or on waking
- ☐ Daytime symptoms no more than two days per week
- ☐ Need reliever no more than two days per week*
- ☐ Symptoms ease quickly after reliever use

*not including reliever puffer taken before exercise

Asthma Symptoms



Shortness of breath



Chest tightness








Wheezing



Coughing

Using a Spacer

Check to see if your child is using their puffer (Metered dose inhaler) with a spacer correctly. If you use a puffer, a spacer will help to get the right dose of medicine into your lungs.

<input type="checkbox"/>		Hold the inhaler upright and give it a good shake
<input type="checkbox"/>		Fit the puffer into the opening at the end of the spacer
<input type="checkbox"/>		Seal the lips firmly around the mouth piece and press the puffer once only
<input type="checkbox"/>		Take 4 slow breaths in and out through your mouth. Do not remove the spacer from your mouth between breaths
<input type="checkbox"/>		Remove the spacer from your mouth. Repeat the above steps for further doses

Note: Children under the age of four can use a mask with the spacer.

How to care for your spacer



Wash your spacer once a month or after a virus. To clean your spacer, take it apart and wash parts in warm soapy water. Allow to air dry without rinsing. Once dry reassemble your spacer.

Remember not to share your spacer with anyone else and replace it yearly.

Triggers

A trigger is something that can set off your asthma symptoms.
Tick the triggers that you know make your asthma worse.



☐ Exercise/Activity



☐ Cold and Flu



☐ Smoke



☐ Pollen



☐ Dustmites



☐ Weather



☐ Animals



☐ Emotions



☐ Chemicals

Other

☐ _____

☐ _____

☐ _____

For information on trigger management contact
1800 ASTHMA
to discuss with a respiratory health educator.

Know what to do in an asthma emergency

An asthma flare up can happen to anyone with asthma, at any time.
Do not wait until asthma is severe to start reliever medication.

You should call an ambulance and start asthma first aid if you notice:

- ☐ Severe breathing problems
- ☐ Reliever has little or no effect
- ☐ Symptoms get worse very quickly
- ☐ Blue lips
- ☐ Difficulty saying sentences

1 Sit the person upright

- Be calm and reassuring
- Do not leave them alone



2 Give 4 separate puffs of blue/grey reliever puffer

- **Shake** puffer
- Put **1 puff** into spacer
- Take **4 breaths** from spacer
- Repeat** until **4 puffs** have been taken
- Remember: Shake, 1 puff, 4 breaths**

OR Give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12).



3 Wait 4 minutes

- If there is no improvement, give **4 more separate puffs of blue/grey reliever** as above
- (OR give 1 more dose of Bricanyl or Symbicort inhaler.)



4 If there is still no improvement call emergency assistance (DIAL 000)

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving **4 separate puffs** every **4 minutes** until emergency assistance arrives

(OR 1 dose of Bricanyl or Symbicort every 4 minutes — up to 3 more doses of Symbicort).



For information on asthma first aid contact 1800 ASTHMA
to discuss with a respiratory health educator.



VISIT OUR WEBSITE

For information about asthma, symptoms, triggers, medication and asthma first aid.

www.managemyasthma.com.au

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www.managemyasthma.com.au

CALL US

Speak to a respiratory health educator or book an education session

1800 ASTHMA (1800 278 462)

Mon-Fri: 9am - 4pm

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