

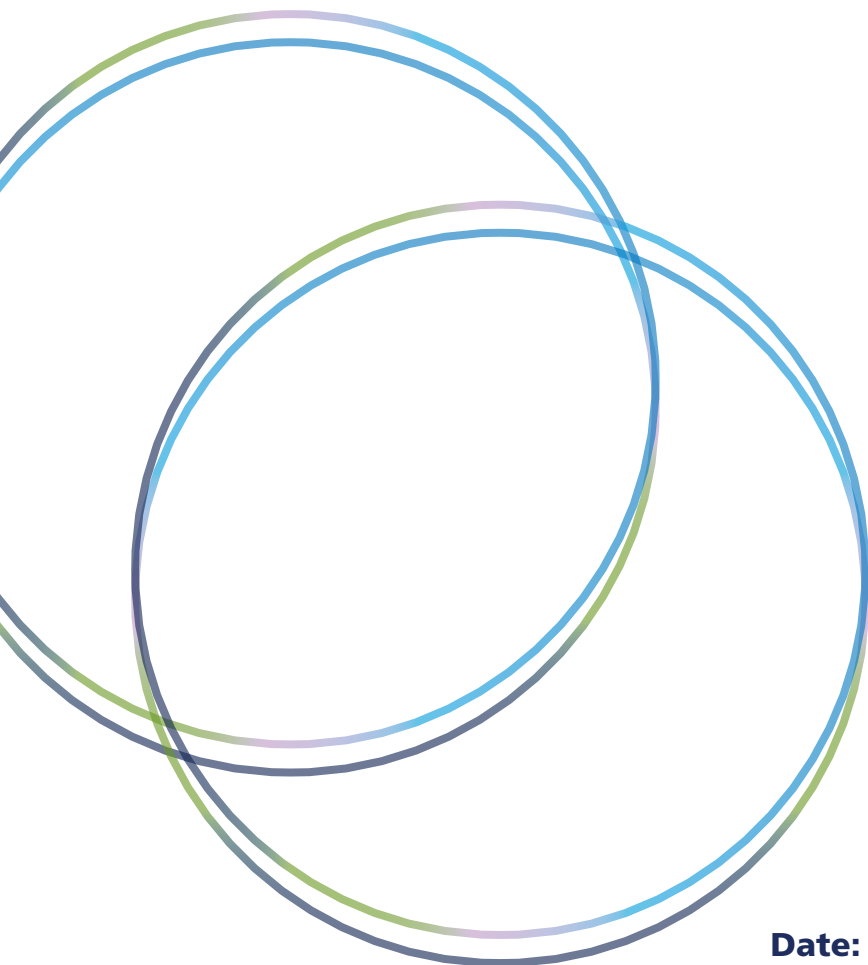


Oxford University Hospitals  
NHS Foundation Trust

\_\_\_\_\_ 's

# Asthma Plan

## My Preventer Inhaler



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

## My daily asthma medicines:

My **preventer** inhaler is called \_\_\_\_\_ and is the colour \_\_\_\_\_.

I take \_\_\_\_ puff(s) in the morning and \_\_\_\_ puff(s) at night, **every day**.

My other asthma medications I take every day:

## My other asthma medications I take every day:

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## My reliever inhaler:

My reliever inhaler is called **Salbutamol** and is the colour **BLUE**.



**Always use your inhaler with a spacer!**

## Signs my asthma is getting worse:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## What do I do?

- I keep taking my **daily asthma medications**.
- I take \_\_\_\_ puffs of my **salbutamol** inhaler up to every **4 hours**.

## Not getting better?

I should get medical advice **ASAP** today.



## I'm having an asthma attack if I'm:

- Struggling to talk and walk.
- Breathing hard and fast.
- Coughing a lot.
- Wheezing a lot.



## My asthma triggers:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## If sport makes it hard to breathe:

I take **2** puffs of my **salbutamol** inhaler **15 to 20 minutes** beforehand.



## When I have an asthma attack, I should:

- Sit and stay calm.
- Take **10** puffs of my **Salbutamol** inhaler.



## My next asthma review is on:

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Time: \_\_\_\_\_ : \_\_\_\_\_

At: \_\_\_\_\_

## Feeling better?

I should get medical advice **today**.

## Not getting better?

- **Call 999 ASAP.**
- Repeat **10** puffs of my salbutamol inhaler until I feel better or help arrives.



## My asthma nurse:

Rachael Cooper

☎ 01865 227 240

☎ 07342 084 558

✉ rachael.cooper@ouh.nhs.uk

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Rachael Cooper and Roshni Desai  
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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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