

Massachusetts Asthma Action Plan Example

Name: Young Patient		Date: Today
Birth Date: 04/04/90	Doctor/Nurse Name Dr Kind,Caregiver RN	Doctor/Nurse Phone# 555 555-4567
Patient Goal: To play on soccer team		Parent/Guardian Name & Phone Mrs. Mom 555 555-5555
Important! Avoid things that make your asthma worse: Cat, Smoke, Dust, Mold		

“It is the opinion of the Expert Panel that use of written action plans as part of an overall effort to educate patients in self-management is recommended, especially for patients with moderate or severe persistent asthma and patients with a history of severe exacerbations”.
(NAEPP Expert Panel Report Update 2002)

Personal Best Peak Flow: 340

Personal Best peak flow should be determined when the child is symptom-free. Children ≥ 5 years old may be given a peak flow meter (PFM). Parents of children unable to use a PFM should use symptoms to determine zones.

Green Zone is 100-80% of Personal Best, and the child is symptom free. List daily controller medication(s).

Peak flow from	340
to	270

- Sleep through the night
- Can go to school and play



Fill in actual numbers not percentages for peak flow readings.

medicines:		
		HOW OFTEN/ WHEN
Daily Controller I	2 Puffs	In morning and before bed
Daily Controller II	1 tablet	Before bed

*Use Albuterol inhaler 2 puffs 15 minutes before sports.
Use a spacer with all inhalers.*

Caution – Slow Down! → **Continue with green zone medicine and add:**

Yellow Zone is 80-50% of Personal Best or when listed symptoms are present. Make adjustments to daily medication(s) and instruct parent on the addition of beta 2 agonist. Provide call-back parameters for parents.

Peak flow from	270
to	170

MEDICINE/ROUTE	HOW MUCH	HOW OFTEN/ WHEN
Albuterol	2 Puffs	Every 4 to 6 hours
Daily Controller I	4 Puffs	In morning and before bed
Daily Controller II	1 tablet	Before bed

Call your doctor or nurse in 2 days if there is no improvement or if symptoms worsen

Danger – Get Help! → **Take these medications and call your doctor now.**

- Your asthma is getting worse fast:
- Medicine is not helping
 - Breathing is hard and fast
 - Nose opens wide
 - Ribs show
 - Can't talk well



Peak flow from	170
to	_____

Red Zone is 50% or below Personal Best or when listed symptoms are present. List beta 2 agonist with any special instructions. Clearly outline appropriate emergency measures for the parent.

MEDICINE/ROUTE	HOW MUCH	HOW OFTEN/ WHEN
Albuterol	2 Puffs	CALL Dr. Kind NOW!
Repeat Albuterol	2 Puffs	If you are still in the red zone after 20 minutes or if symptoms get worse GO TO ER OR CALL 911

GET HELP NOW! If you are still in the red zone after 20 minutes or if symptoms get worse, call 911 or go to the emergency room. Your doctor will want to see you right away. It's important! If you are still in the red zone after 20 minutes or if symptoms get worse, call 911 or go to the emergency room and bring this form with you.

Make an appointment with your doctor / nurse within two days of an ER visit or hospitalization.