

A.S.M.A. (ASTHMA Self-Management Action) Plan

A.S.M.A. plan for _____ Doctor's name _____ Date _____
Doctor's phone number _____ After hours _____ Hospital/emergency room phone number _____

GREEN ZONE: DOING WELL

TAKE THESE LONG-TERM-CONTROL MEDICINES EACH DAY

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- Can do usual activities

MEDICINE:	HOW MUCH TO TAKE:	WHEN TO TAKE IT:
_____	_____	_____
_____	_____	_____
_____	_____	_____

Goal peak flow: _____

Before exercise, take _____ 2 or 4 puffs, 5 to 60 minutes before exercise

YELLOW ZONE: ASTHMA IS GETTING WORSE

- Cough, wheeze, chest tightness, or shortness of breath, or
- Waking at night due to asthma, or
- Can do some, but not all, usual activities

-Or-

Peak flow: _____ to _____
(50% to 80% of my best peak flow)



Add: Quick-Relief Medicine – and keep taking your GREEN ZONE medicine

_____ 2 or 4 puffs, every 20 minutes for up to 1 hour
(short-acting B2 – agonist) nebulizer, once



If your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:

- Take the quick-relief medicine every 4 hours for 1 to 2 days
- Double the dose of your inhaled steroid for _____ days
(7 to 10)

-Or-

If your symptoms (and peak flow, if used) DO NOT return to GREEN ZONE after 1 hour of above treatment:

- Take: _____ 2 or 4 puffs or nebulizer
(short-acting B2 – agonist)
- Add: _____ mg per day for _____ days
(oral steroid) (3 to 10)
- Call the doctor before / within _____ hours after taking the oral steroid

RED ZONE: MEDICAL ALERT!!!

- Very short of breath, or
- Quick-relief medicines have not helped, or
- Cannot do usual activities, or
- Symptoms are same or worse after 24 hours in Yellow Zone

-Or-

Peak flow: less than _____
(50% of my best peak flow)

TAKE THIS MEDICINE:

- _____ 4 or 6 puffs or nebulizer
(short-acting B2 – agonist)
- _____ mg
(oral steroid)

THEN CALL YOUR DOCTOR NOW. Go to the hospital or call for an ambulance if:

- You are still in the red zone after 15 minutes AND
- You have not reached your doctor

DANGER SIGNS:

- Trouble walking and talking due to shortness of breath
- Lips or fingernails are blue

- Take 4 or 6 puffs of your quick-relief medicine AND
- Go to the hospital or call for an ambulance (_____) NOW!

People who should have a copy of my A.S.M.A. plan: spouse, school nurse, coworkers, babysitter, family members/friends

Adapted from National Asthma Education and Prevention Program; National Heart Lung, and Blood Institute; NIH Publication No 97-4053

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