

## My triggers are:



House dust mites

☐


Viruses like colds and flu

☐


Changes in weather

☐


Animal fur

☐


Feathers

☐


Foods

☐


Exercise

☐


Upset, distress and strong emotions like fear, stress and excitement

☐


Smoke from fires

☐


Smoke from cigarettes

☐

Other

☐

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## IMPORTANT

**Always take your treatment as directed by your doctor or nurse**

Please remember to bring your medications, spacer and asthma plan when you visit your doctor or nurse.

### Additional Information or Advice

### Useful Websites



Asthma and Lung UK  
[asthmaandlung.org.uk](http://asthmaandlung.org.uk)



Moving on Asthma  
[movingonasthma.org.uk](http://movingonasthma.org.uk)



Pollution Forecast  
[uk-air.defra.gov.uk/forecasting/](http://uk-air.defra.gov.uk/forecasting/)



South Yorkshire



Children & Young People's Alliance

# My MART Asthma Action Plan

MART = Maintenance and Reliever Therapy



Name \_\_\_\_\_



Asthma/practice nurse name \_\_\_\_\_



Consultant /Doctor name \_\_\_\_\_



Date issued \_\_\_\_\_



Date of next review \_\_\_\_\_



How to contact your asthma team \_\_\_\_\_

## GREEN Zone

### ✓ My Asthma is good if I:

- Have no cough
- Have no wheeze
- Can play or exercise as usual
- Am sleeping well
- Am not missing school / college because of my asthma



### ✓ To keep my Asthma under control I:

- Take my normal treatment every day even when I feel well.
- Use the same inhaler as a preventer and as a reliever.

My MART inhaler is:

I take  puff(s) in the morning

And  puffs(s) at night

I use my MART inhaler as my reliever inhaler if I get asthma symptoms:

- I take one extra puff of my MART inhaler as needed
- I should rarely need extra puffs of my MART inhaler if my asthma control is good.

Other medicines I take for asthma are:

If I am regularly needing extra puffs of my MART inhaler or my asthma is getting worse:

**MOVE TO THE AMBER ZONE**

## AMBER Zone

### ✗ My Asthma is not good if I:

- Cough especially at night
- Wheeze
- Have a tight chest
- Feel breathless
- Can't play or exercise or it is harder to play or exercise
- Have difficulty sleeping
- Need extra MART doses more than 3 times a week



**If I need extra puffs of MART 3 or more times a week, or asthma is interfering with normal activities or sleep, my asthma is not well controlled. I should ask my asthma nurse or GP for an asthma review.**

### ✓ If my Asthma is not good I:

Must continue taking my normal treatment every day **AND:**

- I can take 1 puff of my MART inhaler as needed
- I can take up to a maximum of  puffs throughout the day (including my regular morning and night puffs)
- I must seek urgent medical advice if I ever need to take  or more puffs in a day even if I am feeling better

If my MART inhaler is still not helping, it is not lasting 4 hours or I am getting worse I am having an asthma attack:

**MOVE TO THE RED ZONE**

## RED Zone

### ✗ I am having an asthma attack if:

- My MART inhaler isn't helping or is not lasting 4 hours
- I am struggling to breathe
- I am coughing a lot
- I am unable to walk
- I am unable to speak in full sentences
- I feel tight in my chest and wheezy



**Seek emergency help**

### ✓ Ask your care giver, family or friends to help you go through these steps:

- Sit upright and keep calm
- Loosen tight clothing
- Take 1 puff of your MART inhaler
- Wait a few minutes, if there is no improvement in symptoms take another puff
- Repeat this up to a maximum of  puffs

### ✓ **OR**

If I (or my school) have a Blue Emergency Salbutamol inhaler:

- I can take 1 puff with a spacer every 30-60 seconds (up to 10 puffs) until help arrives
- If after 10 minutes help has not arrived, I can repeat the step above

**If help does not arrive call 999 again**

Even if my symptoms improve I should see my doctor or asthma nurse immediately after an asthma attack