

Keeping in step with your asthma

Name: _____

Dr/ Nurse: _____

Date: _____

Predicted PEFR _____
Best PEFR _____
Today's PEFR _____

No of exacerbations ___/ in last 6 mth
Oral steroid Rx courses ___/in last 6 mth
Days of school/ work ___/ in last mth

STEP 1

Mild Intermittent asthma

Enter name and dose of "reliever"
Start/ maintain

STEP 2

Regular preventer therapy

Enter name and dose of "preventer"
Start/ maintain

STEP 3

Initial Add In therapy

Enter name and dose of "add in therapy"
Start/ maintain

Colour: _____

STEP 4

Persistent poor control

Enter name and dose of "add in therapy"
Start/ maintain

Colour: _____

STEP 5

Steroids

Daily dose of steroid: _____

The Royal College of Physicians (RCP) "3" questions

1. In the last month/ week have you had difficulty sleeping due to your asthma (including cough symptoms)?
2. Have you had your usual asthma symptoms during the day (e.g. cough, wheeze, chest tightness, SOB)?
3. Has your asthma interfered with your usual daily activities (e.g. school, work, housework)?

Score If you answer "yes" to 2 of 3 questions make an appointment

When I am well ...

- I can work and play as normal
- I have no cough, wheeze, chest tightness or breathlessness
- I need my "reliever" less than 3 times per week
- My peak flow is greater than 80% of my best recorded reading

When I am unwell ...

- I do not sleep well because of cough or wheeze
- I have difficulty managing my normal activities
- I need my "reliever" **more** than 3 times per week
- My peak flow is between 50% and 80% of my best recorded reading

Restart "preventer" if discontinued

Check inhaler technique/ use the
aerochamber

Increase dose to daily maximum

If no better I need to take the following actions

- **increase my reliever to x3-x4/day**
- **check my peak flows regularly**
- **if I am worsening contact the GP for an urgent appointment**

I am very unwell...

- when my reliever does not fully ease my breathlessness
- when I need to use my reliever every three hours or more
- My peak flow is less than 50% of my best recorded reading

I need to do the following:

- **Attend your GP or contact the OOH as soon as possible**
- **Use your reliever through a spacer**