

My Asthma Log



Tommy Traffic Light

NHS Number: _____
Name: _____

My Asthma Log Book

This book is designed to help you understand and learn about managing your asthma. You should take your book with you to all your medical appointments and emergency care so your health professional can keep up do date with your asthma and look after

Goal for Children with Asthma

To have control of symptoms

To be able to take part in normal daily activities

To have a normal sleep pattern

To have no severe attacks

To be happy with their asthma medicines.



How can you achieve this goal?

Learn to be aware of the signs and symptoms of your asthma

Avoid or manage your known triggers

Attend regular reviews with your doctor or asthma nurse.

Take your regular medication as directed EVERYDAY even when you are well

Follow your asthma Plan

What to do in an emergency?

WHAT TO DO IN AN EMERGENCY

1. Take 2 puffs of your **Blue reliever inhaler**.
2. Sit up and loosen any tight clothing.
3. If no immediate improvement, continue to take one puff of your **Blue reliever inhaler** every minute for five minutes or until symptoms improve.
4. If your symptoms do not improve within five minutes – or if you have any doubt, call 999 or a doctor urgently.
5. Continue to take one puff of your **Blue reliever inhaler** every minute until help arrives.

**After an emergency you should contact your doctor or asthma nurse and for an urgent appointment—even if your child feels better.
NEVER ignore worsening asthma. Get medical help immediately. Day or night.**

Important contacts

Asthma UK advice
line

0800 121 62 44
www.asthmauk.org

NHS Direct

0845 46 47
www.nhsdirect.co.uk

Out of hours GP

08456 030 857

Health Visitor/
School nurse

Write your health visitor and school nurse contact in here

Community
Asthma Nurse

01582 708139

Luton Walk in
Centre

01582 55 64 00
Opening times: 8am to 8pm everyday

My asthma treatment


Medication	Device and Colour	Dose	Frequency
<u>Reliever Inhaler</u>	Blue		As required Up to 4hrly


BTS Step **1** **2** **3** **4** **5** (*circle as appropriate*)



Any Other Medication	Route	Dose	frequency

My Asthma Daily Management

use your colouring pencils to colour in your inhalers the correct colours

To keep me well I take ____ puffs of my insert correct colour preventer inhaler  In the morning and night time with my insert correct colour spacer every day even when I am well.

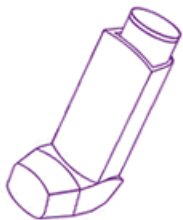
I use my **Blue** reliever  with my insert correct colour spacer when I have a Cough or a wheezy chest or I am unwell.

When I am unwell I can use 2-4 puffs of my **Blue** reliever  before my insert correct colour preventer inhaler  morning and at night time with my spacer.

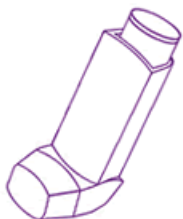
If I am unwell and my inhalers are not helping me or I am needing them more often than normal I must see my Doctor or Nurse to have my asthma checked.

My Inhalers

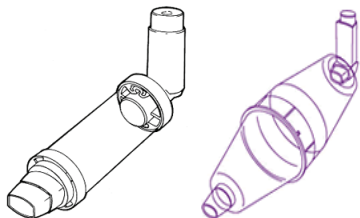
Use your colouring pencils to colour your inhalers the correct colour.



- This is my **Blue Reliever Inhaler**.
- This helps me when I am coughing or wheezing by opening up and relaxing my lungs.
- If I am using this more frequently than normal, I should see my doctor or nurse to have my asthma checked.
- I will know when my asthma is well controlled because I will not need to use regular Blue inhaler



- This is my regular preventer inhaler.
- This inhaler prevents my lungs from becoming irritated and inflamed.
- I must use this **every day even when I am well** to keep my asthma under control.



- Depending on my inhaler device I may have a spacer.
- There are a range of spacer designs, my Doctor or nurse will give me the best one to fit my needs.
- Spacers help the delivery of my inhalers and ensure I get the most of each dose.
- Spacers also help reduce any oral side effects from my inhalers, such as mouth odour and tooth decay.
- I must use my spacer **every time** I use my inhaler.

My Symptom Diary

Completing your symptom diary helps your doctor or nurse monitor how well your asthma is doing.

Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Did you cough today?							
Did you wheeze today?							
Did your asthma effect your normal activity?							
Did your asthma wake you up at night?							

Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Did you cough today?							
Did you wheeze today?							
Did your asthma effect your normal activity?							
Did your asthma wake you up at night?							



Simply place a tick in each box that indicates how your asthma has been today.

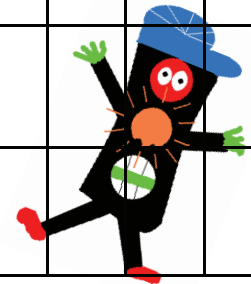


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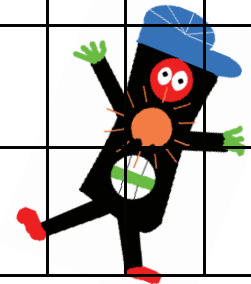
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My peak flow

My best ever peak flow is



Check your peak flow every day and at each appointment or as directed by your nurse or Doctor

How to check your peak flow:

1. Gently push the red needle on the top of the meter back to 0.
2. Be careful not to block the air holes at the end of the meter or restrict the movement of the red needle as you hold the meter.
3. Take a full deep breathe in and make a good seal with mouth and lips around the mouthpiece.
4. Blow as hard and as fast as you can into the mouthpiece .
5. The needle on the top shows how hard you have blown. Write down the score.
6. Perform the test 3 times and record your best score on your chart.

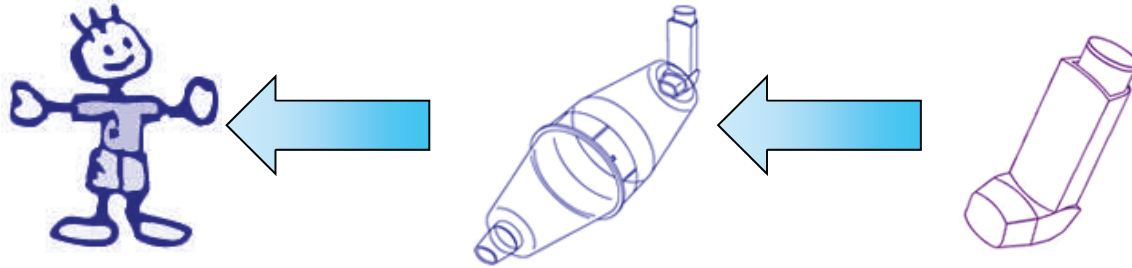
A peak flow meter can measure how quickly you can blow air out of your lungs, this will help your nurse or doctor see how well you are depending on your previous best blow or predicted reading. Recording your peak flow in the morning and night and at anytime you have any symptoms will help reflect your asthma control and how well you are doing. If you are ever concerned about your peak flow you should speak to your doctor or nurse.

Normal predicted Peak Expiratory Flow rate
 For use with EU / EN13826 scale PEF metres only

Height (m)	Height (ft)	Predicted EU PEFR (L/min)	Height (m)	Height (ft)	Predicted EU PEFR (L/min)
0.85	2'9"	87	1.30	4'3"	212
0.90	2'11"	95	1.35	4'5"	233
0.95	3'1"	104	1.40	4'7"	254
1.00	3'3"	115	1.45	4'9"	276
1.05	3'5"	127	1.50	4'11"	299
1.10	3'7"	141	1.55	5'1"	323
1.15	3'9"	157	1.60	5'3"	346
1.20	3'11"	174	1.65	5'5"	370
1.25	4'1"	192	1.70	5'7"	393



Spacers (children)



Spacers are very important because.....

....they make your aerosol inhaler easier to use and more effective

....and you get more medicine into your lungs than when just using the inhaler on its own

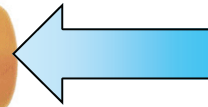
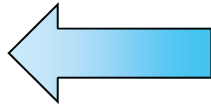
Hints for using the spacer

- Ensure your doctor, nurse or pharmacist has shown you how to use your inhaler and spacer properly
- Your nurse or Doctor should check your technique at every appointment.
- Make sure that the spacer you have been given fits your face and your inhaler well
- Once you have shaken your inhaler and are connected to your spacer you can activate one puff of your inhaler into the spacer and breathe in deeply through the mouthpiece/ or facemask.
- Make sure the facemask is securely placed around your nose and mouth before activating your inhaler or if you use a mouthpiece ensure you have made a good seal with mouth and teeth before activating.
- It is best to take 5-10 deep slow breaths with each puff of your inhaler.
- If you find it difficult to take deep breaths, breathing in and out of the mouthpiece several times is just as good
- Repeat the step above for each dose/puff needed

Wash your spacer regularly with warm soapy water, leaving it to drip dry .

This helps prevent the medicine sticking to the sides. Spacers should be replaced yearly

SPACERS (babies and young children)



Young children must always use a spacer device to help ensure correct delivery of their medicine, if your child does not have a spacer device you should discuss this with your nurse or doctor.

There are a range of sizes and it is important that your child's spacer fits well around the nose and mouth

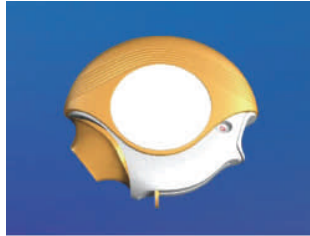
How to use your spacer and inhaler

1. Always shake your inhaler well before use and between puffs
2. Fit the inhaler into the opening at the end of the spacer device
3. Place the mask over your child's face so it makes a comfortable seal around your child's nose and mouth.
4. Activate one puff of the inhaler and allow your child to take 5-10 slow breaths in and out of the spacer. This is called tidal breathing
5. Remove the inhaler and shake again for the next puff.
6. Repeat steps 3 to 6 for each dose of inhaler needed.

Handy Tips

- Ensure to keep your spacer clean and dry, when needed wash your spacer by removing the facemask and dispersing in warm soapy water, leave to drip dry. **DO NOT** wipe dry as this can cause the inside of the spacer to become damaged.
- If your child becomes distressed whilst using the spacer and inhaler, stop and try again at your child's pace, when your child is crying this will reduce the delivery of the drug, you could try giving the inhaler whilst your child is asleep. **DO NOT** delay in using your child's blue reliever inhaler if they are unwell.
- Let your child play and feel the spacer device so they can become familiar with it, this will help to reduce their anxiety and fears.

Accuhaler



How to use your Accuhaler:

The Accuhaler is breath activated dry powdered device. Each Accuhaler contains 60 doses.

- Open the Accuhaler using the thumb grip, the number displayed will show how many doses are left.
- Hold the Accuhaler with mouthpiece towards you, now slide the lever away from you until you hear a click (this will open one blister of medicine and prepares your Accuhaler ready for use).
- Your Accuhaler is now ready for use. Breathe out as far as you comfortably can (never breathe into the Accuhaler)
- Place the mouthpiece between your lips, breathe in fully and deeply through the Accuhaler, this will release one dose .
- Remove the Accuhaler from your mouth and hold your breathe for about ten seconds (or as long as you comfortably can).
- You can now breathe out slowly. Well done you have taken one puff of your inhaler.
- Take the required number of doses as prescribed by your Doctor or nurse, repeating the above steps as needed. You should perform these steps once for each puff needed.
- Once finished, ensure to close your Accuhaler.

Turbuhaler



How to use your Turbuhaler:

The Turbuhaler device is a breathe activated dry powdered inhaler. Your Turbuhaler may have a dose counter which will indicate the number of doses remaining. If your Turbuhaler does not have a number dial you may find there is a display window which will indicate low doses when a red mark appears.

- To begin using your Turbuhaler, unscrew the cap and take it off. Hold the Turbuhaler upright
- Twist the coloured base of your Turbuhaler as far as it will go. Then twist it all the way back. You have done it right when you hear a 'click'. Your Turbuhaler is now ready for use.
- Breathe out fully away from the device.
- When ready Put the mouthpiece between your teeth, and close your lips around it., making a good seal. Breathe in fully and deeply through your mouth.
- Remove the Turbuhaler from your mouth and hold your breathe for a 10 seconds or what is comfortable.

You can clean your Turbuhaler as needed by wiping the mouthpiece with a dry tissue or cloth. Never wash the mouthpiece or any other part of the Turbuhaler–If your Turbuhaler gets wet, this will damage the Turbuhaler and will have to be discarded.



Easi-breathe



How to use your Easi-breathe inhaler:

Your Easi-breathe inhaler is a breathe activated aerosol inhaler which contains 200 doses.

- To start using your inhaler you must mix up your medication by shaking your inhaler.
- Hold your inhaler upright and open the cap covering the mouthpiece.
- When ready start by breathing out gently.
- Keeping the inhaler upright, put the mouthpiece in your mouth and close your lips and teeth around it (be careful not to block the air holes on the top with your hand).
- Take a steady deep Breath in, this will activate your inhaler and you will feel it release one dose or puff. When you feel the puff you should continue breathing in deeply until you reach your full breath
- Removing the inhaler from your mouth, hold you breath for about ten seconds (or what feels comfortable) the release.
- Well done you have taken one puff of your inhaler!
- After use, hold your inhaler upright and immediately close the cap.

What to do when I am unwell?

When my asthma gets worse

I will know if my asthma is getting worse if....

- I have a cough, wheeze, it is hard to breathe or my chest hurts, **or**,
- I am waking up at night because of my asthma, **or**,
- I am taking my blue reliever inhaler every day, or more than usual
- My peak flow is less than:

Complete with your asthma nurse

When this happens see your doctor or asthma nurse today.

You **must** keep taking your preventer medicines as normal.

Take _____ puff/s of your blue reliever inhaler every four hours.

What to do when I have an asthma attack

An asthma attack is when...

- My blue reliever inhaler is not helping, **or**,
- I can't talk or walk easily, **or**,
- I am breathing hard and fast, **or**,
- I am coughing or wheezing a lot, **or**,
- My peak flow is below

Complete with your asthma nurse

If I am having an asthma attack...

- I should take _____ puffs of my blue reliever inhaler every two minutes (up to 10 puffs) until I feel better.
- If this doesn't help me immediately I should call 999 and continue to take one puff s of my **blue** reliever inhaler every minute until the ambulance arrives.

When I am unwell I should always be seen by my doctor or nurse for a asthma check up when I am feeling better.



What to do when I am unwell?

DANGER

Your asthma is getting worse if

- Your Medicine is not helping
- Your breathing is hard and fast
- Your Nose opens wide during breathing
- Your Ribs show (increased breathing effort)
- You are too breathless to talk or for infants feed.

You need urgent help
please phone 999 or go
straight to the nearest
Accident and Emergency
Dept.

If you are:

- Wheezing and breathless and not responding to usual blue inhaler reliever treatment
- Having difficulty sleeping
- Unable to do normal activities
- Have seasonal symptoms e.g.: hay fever/cold
- Requiring to use your reliever blue inhaler regularly through out the day for cough or wheeze like symptoms but are not breathing quickly and you are able to continue your day to day activities

You need to see a doctor
today. Please ring your
GP surgery/Health Visitor
or Community Nurse or
attend the walk in centre.

If you are:

- Requiring to use your reliever blue inhaler regularly throughout the day for cough or wheezy symptoms but are not breathing quickly and you are able to continue day to day activities
- If you are using increasing amounts of your blue inhaler

You need to speak to a
health care professional
for advice to ensure your
asthma doesn't worsen.

