

# SMART PLAN

## Using your Turbuhaler

1. Unscrew and remove the protective cover
2. Hold the turbuhaler upright
3. Twist the coloured grip as far as it will go in one direction and then back again until you hear a click
  - Your Turbuhaler is now loaded with a dose of medication
4. Breathe out gently
5. Place the mouthpiece between your lips:
  - Suck in deeply and forcefully through the Turbuhaler. You may not taste or feel the medication
  - Remove the inhaler from your mouth and breathe out. Do not breathe back into the mouthpiece as you will make it damp inside
  - If more than one dose is required, repeat the steps above
  - When you are finished, place the cover back on the inhaler and twist shut
6. Your Turbuhaler has a dose indicator window just below the mouthpiece, when you see red in the window it is time to get a new Turbuhaler



## Caring for your turbuhaler

1. Do not wash your Turbuhaler as it will not work properly if it gets wet
2. Wipe the mouthpiece with a dry tissue or cloth



This asthma action plan is completed with your doctor or nurse to help control your asthma. Your plan explains how to control your asthma long term, it helps to identify what to do when you are well, unwell or need help in an emergency.

If you have any questions about how to use this plan discuss it with your doctor or nurse.

### Remember:

- Keep your action plan up to date
- Make sure your inhalers aren't empty or out of date
- Take your medications as prescribed
- Ensure you always carry your reliever
- Regularly check your inhaler technique with your doctor or nurse

**See your doctor for an influenza vaccination every March**

Download [My Asthma](#) app for asthma information, first aid, and an electronic Asthma Action Plan! Available on Google Play or Apple App Store.

FREE app



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# Asthma + Respiratory

FOUNDATION NZ

# SMART

## Asthma Action Plan



This Asthma Action Plan belongs to:

**Better breathing, better living**

\*Single Maintenance and Reliever Therapy

Name: \_\_\_\_\_

Doctor: \_\_\_\_\_

Date of plan: \_\_\_\_\_

Doctor phone: \_\_\_\_\_

**Know your asthma symptoms**

**Know when and how to take your medicine**

Feeling good

**Your asthma is under control when**

- you don't have asthma symptoms most days (wheeze, tight chest, a cough or feeling breathless)
- you have no cough or wheeze at night
- you can do all your usual activities and exercise freely
- most days you do not need extra Symbicort doses

Your peak flow reading is above \_\_\_\_\_

Symbicort	dose(s)	every morning
	dose(s)	every night
Symbicort	1 dose when you need it to relieve your asthma symptoms	

**Remember:**

Your Symbicort is both a preventer and reliever - you do not need an extra inhaler as a reliever

Carry your Symbicort at all times

Severe

**Caution- your asthma is getting severe when**

- your symptoms are getting severe (wheeze, tight chest, a cough or feeling breathless)
- your Symbicort is only helping for 2-3 hours, or you are using more than 8 doses a day in total (regular + reliever use)
- you feel you need to see your doctor

Your peak flow reading is below \_\_\_\_\_

**Let's take action...**

- Continue your regular Symbicort PLUS 1 dose of your Symbicort when needed to relieve symptoms
- Start prednisone if you have it:

Prednisone	mg	for	days
and then	mg	for	days

**Important:** You need to see your doctor today

**Other instructions:**


Emergency

**Emergency**

- your symptoms are getting more severe quickly
- you are finding it hard to speak or breathe
- your Symbicort is not helping much
- you are using your Symbicort every 1-2 hours

Your peak flow reading is below \_\_\_\_\_

**Let's keep calm...**

- Dial 111 for ambulance
- Keep using your Symbicort as often as needed
- Even if you seem to get better seek medical help right away
- If you haven't started taking your prednisone, start now

Best peak flow: \_\_\_\_\_

Plan prepared by: \_\_\_\_\_

Next review date: \_\_\_\_\_

Signature: \_\_\_\_\_