



Fact sheet for health professionals: Asthma Action Plan

The Asthma Action Plan is for people with asthma. The goal is for all patients to be provided with an Asthma Action Plan from their health professional and to have an accessible record of their reliever usage.

Sample

The sample form is divided into several sections:

- Asthma Action Plan Header:** Includes patient name, DOB, address, phone, Medicare number, UMRN, severe allergic reactions, best peak flow, GP name, and phone.
- Worsening Asthma:** Lists symptoms like breathlessness, wheeze, tight chest, cough, and requirement for relievers. Includes a peak flow section.
- Severe Asthma:** Lists symptoms like severe breathlessness, difficulty speaking, minimal response to treatment, and being frightened. Includes a peak flow section.
- What To Do:** Instructs to continue with usual treatment and lists reliever options: Reliever, Prednisolone/corticosteroids, and Other.
- Emergency Action:** Lists actions such as dialing 000, stating 'asthma', giving address, taking reliever, using oxygen, and sitting quietly.
- Usual Asthma Treatment:** Includes criteria for when asthma is under control and fields for regular and reliever medication.
- Asthma Medication Card:** A table for recording medication purchases with columns for Date of issue and Product name.

Key message

- Provide consumers and health care providers with easy access to the name and contact details of their GP, pharmacist and current treatment regimen.
- Provide information for consumers on how to manage both stable and acute exacerbations and what to do in an emergency.
- Provide a means of recording reliever medication purchases.

Questions and answers

What is the purpose of the Asthma Action Plan?

The purpose of the Asthma Action Plan is to provide a self management tool. Information for consumers should be reinforced at GP and specialist appointments. Information should be updated at any time there is a change in the treatment/medication regimen. Pharmacists should record all reliever medication provided to asthmatics and provide assessment and referral if necessary.

Who provides the Asthma Action Plan and completes the treatment information?

The Asthma Action Plan is provided to patients by either a GP or pharmacist. The treatment information should be completed, in consultation with the consumer, by their GP.

It is preferable to complete the Asthma Action Plan when the consumer is stable on the appropriate treatment.

What contact details and consumer information are required on the card?

The Asthma Action Plan should have contact details for the consumer, and GP. It should also have any concession card number and Medicare number.

Asthma Action Plans can be ordered via the Department of Health online ordering system at www.health.wa.gov.au/ordering. Search by Item Code "HEN-011656" or Category "Health Networks". Fact sheets can be downloaded from www.healthnetworks.health.wa.gov.au/network/respiratory.cfm