

Asthma Education Plan

Getting Ready to Learn about Asthma

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review the following information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet or by doing things yourself?
- If I you are not feeling well, if you are in pain or you cannot focus on learning right now.

This information is important to your health. We may explain something more than once. We will be giving you information in small bits over several days. If there is something you don't understand **it's OK to ask us** to explain.

What I need to learn about asthma

By the time I leave the hospital, I will be able to tell the staff:

1. How and when to use medication
2. How to monitor my condition
3. What I can do for my asthma
4. When I will call my doctor
5. How I will know & control triggers that make my asthma worse
6. My action plan for asthma

The staff will use three questions and answers to teach me about my asthma:

- What is my main problem?
- What do I need to do?
- Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show them what I have learned. They want to make sure that I know about asthma and what to do if I have problems.

What is my main problem?

I have asthma. Asthma causes me to have breathing problems such as wheezing and coughing, or my chest might feel tight. Asthma causes the air passages in my lungs to swell and become smaller. When these small breathing tubes in the lungs swell they can get clogged with mucus. Repeated flare ups can cause more damage to my lungs. I can prevent flare ups of my asthma when I understand more about what causes these flare ups.

Asthma can start in childhood and can last a lifetime. It can also seem like it is gone and return in adulthood. Asthma can be caused by something I am exposed to when I work.

What do I need to do?

I will be able to tell the staff how and when to use medicine.

- I have medicine to help my breathing.
- I will take my medicine the way my doctor prescribed it.
 - Some of my medicine I breathe in my mouth.
 - The respiratory therapist will show me how to use the breathing medicine.
 - Some of my medicine I swallow.
 - Some of my medicine I breathe in my nose.
- I will take my medicine at the same time every day.
- It is important that I do not run out of medicine.

- I will carry my rescue medicine with me all the time.
- I may need to talk to my school about carrying my rescue inhaler with me.

I will be able to tell the staff how to monitor my condition.

- I will use the Asthma Self-Management plan to check my breathing.
 - If I am in the green zone:
 - I am not coughing.
 - My chest is not tight.
 - I can do my usual activities.
 - My peak flow meter personal best is _____.
 - If I am in the yellow zone:
 - I am coughing and wheezing.
 - My chest is tight.
 - I am having trouble breathing.
 - I wake up at night with trouble breathing, coughing or wheezing.
 - I cannot do all of my usual activities.
 - My peak flow meter is less than my personal best but still more than half of my personal best.
 - If I am in the red zone:
 - I am having a lot of trouble breathing.
 - My quick relief medicine is not helping.
 - I cannot do what I usually am able to do.
 - I have been in the yellow zone or worse for over 24 hours.
 - My peak flow meter is less than half of my personal best.

I will be able to tell the staff what I can do for my asthma.

- I will take these medicines when I am in the green zone.
 - _____
 - _____
 - Check my peak flow daily and write it down on my record.
 - Avoid my triggers.
- If I am in the yellow zone, I will also take:
 - Rescue inhaler _____

- Oral steroid _____
- I will recheck my peak flow 1 hour after I have taken this medicine.
- Call my doctor as I have been directed.
- If I am in the red zone, I will also use my rescue inhaler every 15 minutes:
 - _____
 - _____
 - I will call my doctor right away.
 - If I am still in the red zone 15 minutes after taking my medicine and my lips or fingernails are blue, I will have someone drive me to the hospital or call 911.

I will be able to tell the staff when I will call my doctor.

- I will call my doctor when the office is open if I have:
 - Wheezing and shortness of breath that doesn't get better after I take medicine.
 - Secretions that change from clear to yellow, green, gray or bloody.
 - More than usual or thicker secretions.
 - A temperature above 102 degrees.
 - Muscle aches or chest pain.
 - Peak flow measures in the yellow zone (50-80% of personal best).
- I will call the doctor right away if I have:
 - A problem breathing and are short of breath and the medicine does not help.
 - Become confused or upset.
 - A child who is less than 3 months old and has a temperature of 100.4 or higher.
 - A temperature above 102 degrees that does not come down after taking medicine.
 - Peak flow in the red zone (less than 50% of personal best)

- Trouble saying a complete sentence without stopping to breathe in between the words.
- Noticed my heart is beating faster than usual.

I will be able to tell the staff how I will know & control triggers that make my asthma worse.

- Things I can do that may prevent breathing problems.
 - Cigarette smoke is an asthma trigger. Stop smoking if I smoke. Avoid second hand smoke. All people in the family must quit smoking.
 - Remain calm during an asthma attack.
 - I will get a flu shot and a pneumonia shot.
 - Identify and avoid triggers:
 - Stress can cause me to have an asthma attack. I need to remain calm.
 - Certain foods may trigger asthma symptoms. I will avoid them.
 - I will avoid strong scents or perfumes that may trigger my asthma.
 - Dust and dust mites can be a trigger. I will cover my mattress and pillow with a special cover. It is important for me to wash my bedding once a week in very hot water (>130 degrees). Electrostatic air cleaners may help clean the dust from the air.
 - If dust and dust mites trigger my asthma I should not keep stuffed animals in my bed. They need to be washed once a month in very hot water.
 - If I get an infection this can cause swelling that can trigger asthma flare ups.
 - Animal dander can be a trigger. I will keep pets outdoors or out of my bedroom. Some people have had to give up their pet.
 - Cockroaches can be a trigger. I will keep food and garbage in closed containers. I will never leave food out.

- Mold can be a trigger. In my home, I can clean with a cleaner that contains bleach to prevent mold. During some times in the year, there may be mold outside.
- Pollen, when pollen count is high can be a trigger. I will stay indoors from late morning to afternoon. Some pollen allergies can be treated with medicine. I will ask my doctor about medicine for pollen allergies.
- I will avoid candles, fireplaces, kerosene heaters and fires.
- Breathing cold air can be a trigger. I will wear a scarf to cover my mouth and nose when going out in the cold air.
- Some medicine can cause asthma to flare. Ten to twenty percent of people with asthma have sensitivity to Aspirin or other pain killers called NSAIDS (ibuprofen, naproxen).
- Exercise can cause me to have a flare up of asthma. I need to treat asthma symptoms before exercising to prevent exercise-induced asthma.

I will be able to tell the staff my action plan for asthma.

- I will work with my doctor to make an action plan.
- I will use a peak flow meter when I am well. This is so I know what my numbers are when I am well.
- I can also use the peak flow meter when I am having trouble breathing. This will help me know how bad my attack is so I know what to do.
- My action plan can tell me how to manage my asthma based on my symptoms and peak flows
- I can follow the F.L.A.R.E. plan:
 - **F**ollow up with my Doctor
 - Bring my medicine
 - Write down questions I have and answers I get.
 - Make an action plan to manage my asthma
 - **L**earn about my medicine

- Rescue medicines (Albuterol)
- Long term control
- Steroids: pills, syrups or inhalers
- **A**sthma is a chronic disease.
 - Take my medicine every day whether I'm sick or not
 - Avoid triggers
 - If I use rescue medications (Albuterol) more than 2 times per week my asthma is not under control
- **R**espond to the warnings of:
 - Chest tightness
 - Shortness of breath
 - Wheezing
 - Coughing
 - Peak flow is low
- **E**mergency care may be needed if:
 - I am using rescue medicine more than every 4 hours with trouble talking.
 - I am working very hard to breathe.

Why is this important to me?

Knowing more about my asthma can help me prevent breathing problems and help keep me healthy. I can avoid things or situations that may cause my asthma to flare up. Taking my medicine can help treat or prevent breathing problems.

As part of my care I have received this education plan and:

- Asthma action plan
- Peak Flow Meter Education Plan

Asthma Self-Management Action Plan

Name _____ Dr. phone # _____ Emergency phone # 911 _____

Green Zone- Stable



Take these medications even if you do not have symptoms

- No cough, wheeze chest tightness
- Can do usual activities
- Peak Flow Meter Personal Best _____
- Take before exercise if needed

Medication	How much to take	How often to take it
_____	_____	_____
_____	_____	_____

Yellow Zone- Asthma is getting



Add a quick-relief medication and keep taking your green zone medication

- Coughing, Wheezing, chest tightness
- Shortness of breath
- Waking at night due to asthma
- Can do some but not all of the usual Activities

Peak Flow Meter _____ L/min
(50-79%)

Medication	How much to take	How often to take it
_____	2 to 4 puffs	Every _____ minutes
If your Peak Flow and symptoms return to green zone after 1 hour of above treatment-continue monitoring Or if they do not return to green zone- take:		
Medication	How much to take	How often to take it
_____ (Rescue)	_____	_____
_____ (Oral Steroid)	_____	_____
Call your Dr. <input type="checkbox"/> before or <input type="checkbox"/> within _____ hours after taking steroid		

Red Zone: Medical Alert



Take this medication:

- Very Short of Breath
- Quick relief medications have not helped
- Cannot do usual activities
- Symptoms are the same or worse after 24hours in yellow zone
- Peak Flow Meter _____ L/min(less than50%)

(Rescue) _____ 4 or 6 puffs or nebulizer

(Oral Steroid) _____ Mg

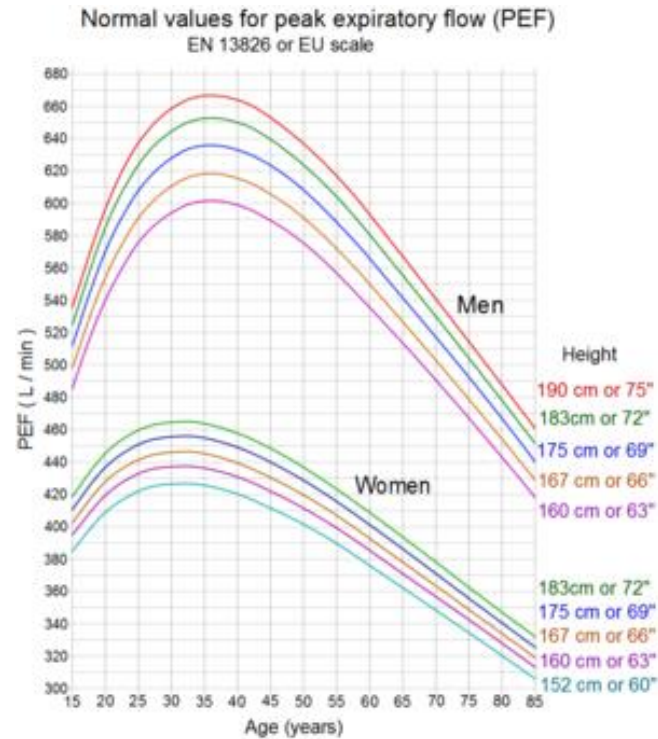
Call your Dr. Now. Go to the hospital or call 911 for an ambulance if

- You are still in the red zone after 15 minutes and
- You cannot reach your Dr.
- Your lips or fingernails are blue

Personal Best (L/min)	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320
80% of Personal Best	80	88	96	104	112	120	128	136	144	152	160	168	176	184	192	200	208	216	224	232	240	248	256
50% of Personal Best	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160

Personal Best (L/min)	330	340	350	360	370	380	390	400	420	440	460	480	500	520	540	560	580	600	620	640	660	680	700
80% of Personal Best	264	272	280	288	296	304	312	320	336	352	368	384	400	416	432	448	464	480	496	512	528	544	560
50% of Personal Best	165	170	175	180	185	190	195	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350

Merck.com



Average peak flow rate for healthy children and teenagers

Height in inches	Average peak flow	Yellow Zone 50-80% of average peak flow	Red Zone less than 50% of average peak flow
43	147	74 - 118	< 74
44	160	80 - 128	< 80
45	173	87 - 139	< 87
46	187	94 - 150	< 94
47	200	100 - 160	< 100
48	214	107 - 171	< 107
49	227	114 - 182	< 114
50	240	120 - 192	< 120
51	254	127 - 203	< 127
52	267	134 - 214	< 134
53	280	140 - 224	< 140
54	293	147 - 234	< 147
55	307	154 - 246	< 154
56	320	160 - 256	< 160
57	334	167 - 267	< 167
58	347	174 - 278	< 174
59	360	180 - 288	< 180
60	373	187 - 298	< 187
61	387	194 - 310	< 194
62	400	200 - 320	< 200
63	413	207 - 330	< 207
64	427	214 - 342	< 214
65	440	220 - 352	< 220
66	454	227 - 363	< 227

<http://www.childrensmn.org/manuals/pfs/homecare/018704.pdf>

Asthma Education Plan

Resources for Staff

- Asthma Education Plan
- [Nursing Reference Center Plus](#)- Asthma-Adult
- [The Lippincott Manual of Nursing Practice, 10th Edition](#)- Asthma

Teaching Tools (items give to the patient)

- Asthma Education Plan
- Asthma action plan
- Peak Flow Meter Education Plan

References

- [Nursing Reference Center Plus](#)
- [The Lippincott Manual of Nursing Practice, 10th Edition](#)

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Are there any contraindications to this teaching?

Some patients may be resistant to education about their illness or changes they may need to make such as quitting smoking or no smoking in home or car. Pt. is in an exacerbated state; it is not the time to learn.

*** This page is intended for staff use only. Do not give to the patient. This document is not a part of the permanent medical record.**