Learn to use your inhalers and spacer device correctly.



Scan the QR code with your smart phone to access the information or visit

https://for.sg/inhalervideos

These videos were produced by
Singapore National Asthma
Programme and have been reviewed
by the Pharmaceutical Society of
Singapore and National Medical
Information Workgroup.



Clinic 4A

TTSH Medical Centre, Level 4

Contact:
6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to access the information online or visit http://bit.ly/TTSHHealth-Library

Was this information helpful?
Please feel free to email us if you have any feedback regarding what you have just read at patienteducation@ttsh.com.sq



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Department of RESPIRATORY & CRITICAL CARE MEDICINE

Asthma Action Plan

(Single Inhaler Maintenance and Reliever Therapy)



Written Asthma Action Plan (WAAP)

Single Inhaler Maintenance and Reliever Therapy

Green Zone - WELL

Your asthma is under control:

- No cough
- No wheeze
- No breathlessness
- No chest tightness
- No nighttime asthma symptoms
- Your peak flow is L/min

Use preventer medication(s) every day.

1. Drug Name / Dose	puff (s)	time (s) per day
2. Drug Name / Dose	puff (s)	time (s) per day
3. Drug Name / Dose	tablet (s)	time (s) per day
4. Drug Name / Dose	tablet (s)	time (s) per day

Use reliever medication:

- You have occasional asthma symptoms
- Before exercise

Budesonide/Formoterol ___ puffs ONLY when necessary

My Trigger Factor(s):

Other Instruction(s):

☐ Use with spacer device

Name: Date:

My inhaler is:

 $\hfill\square$ Budesonide/Formoterol 160/4.5 $\hfill\square$ Budesonide/Formoterol 80/2.25

Given by: Tel:

Yellow Zone - CAUTION

When you are not well:

- You have daytime asthma symptoms more than two times per week
- You wake up at night with asthma symptoms
- You used reliever inhaler more than two times per week
- Your peak flow is between ____ and ___ L/min

Take the following medication(s) every day for next 7-14 days.

1. Drug Name / Dose	puff (s)	time (s) per day
2. Drug Name / Dose	puff (s)	time (s) per day
3. Drug Name / Dose	tablet (s)	time (s) per day
4. Drug Name / Dose	tablet (s)	time (s) per day

Use reliever medication for your asthma symptoms:

Budesonide/Formoterol puffs ONLY when necessary

DO NOT exceed ____ puffs per day in total

If your symptoms DO NOT improve in next 48 hours, start Prednisolone:

Prednisolone mg once per day for days

Note: To complete full course of Prednisolone even if you feel better.

If symptoms have improved, go back to **GREEN** zone after 7-14 days.

Disclaimer: All information contained herein is intended for your general information only and is not a substitute for medical advice for treatment of asthma. If you have specific questions on medical care, consult your doctor.

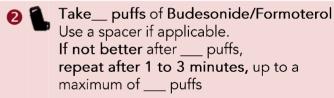
Red Zone - DANGER

If your asthma symptoms get worse:

- Difficulty breathing
- Difficulty speaking
- No improvement after the medications in YELLOW zone
- Your peak flow is below ____ L/min
- ♠ DO NOT WAIT! See your doctor NOW!

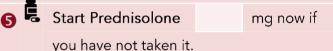
During an asthma attack:

D	Š	Sit upright, t	try to	keep	calm.
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8	f you feel worse, dial 995 for
	an ambulance immediately.

4	Repeat step 2 while waiting for an
	ambulance.



After an asthma attack:

Even if you feel better, make an early appointment to see your regular doctor.