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.sg



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# Department of RESPIRATORY & CRITICAL CARE MEDICINE

### Asthma Action Plan



### Written Asthma Action Plan (WAAP)

Date: Name:

My preventer is:

### 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:

Salbutamol 2 puffs ONLY when necessary. DO NOT exceed 12 puffs per day in total

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

Prednisolone mg once per day for davs

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

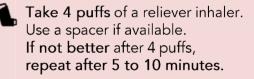
My reliever is: Salbutamol

Given by:

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

### During an asthma attack:

0 5	Sit upright,	try to	keep	calm
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1f you feel worse, dial 995 for an ambulance immediately.

4 Repeat step 2 while waiting for an ambulance.

> Start Prednisolone ma now if you have not taken it.

After an asthma attack:

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

### 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

Salbutamol 2 puffs ONLY when necessary

### My Trigger Factor(s):

### Other Instruction(s):

☐ Use with spacer device