

Asthma Management plan Fostair Maintenance and Reliever Therapy - MART

Name

Asthma	
<p>Asthma is a long term variable condition that affects the airways. It has a tendency to run in families, especially when there is also a history of allergies and/or smoking. People with asthma already have sensitive airways that are inflamed and ready to react when they come into contact with something that irritates them, a “trigger”.</p> <p>The airways become:</p> <ul style="list-style-type: none"> • More inflamed – as the lining of the airways start to swell • Narrower – as the muscles around the airway walls tighten • Sticky mucous or phlegm can sometimes build up, which can narrow the airways even further • These reactions make it difficult to breathe and lead to asthma symptoms. 	



Asthma Symptoms			
• Cough	• Wheeze	• Breathlessness	• Chest tightness

Asthma Triggers	
<ul style="list-style-type: none"> • It is important to know what your triggers are to then manage / reduce them • Triggers can include; colds, viruses, pets, cold weather, cigarette smoke and pollen • Aspirin, beta-blockers and non-steroidal anti-inflammatories should be avoided – these can make your asthma worse and cause asthma attacks • By taking your PREVENTER inhaler daily as prescribed; even without symptoms you will reduce the risk of your triggers causing symptoms or an attack; meaning you are more in control. <p>You should follow your personal asthma action plan and have a routine asthma follow up at least once a year alongside your annual vaccinations</p> <p>My asthma triggers are:</p>	

Inhalers	
Preventers	This is a steroid inhaler, which is the most effective type of “ preventative ” treatment you can take for your asthma to keep you well. When used daily, it reduces inflammation and sensitivity within the airways. The benefits build up over time, so it is important not to forget any of your regular daily doses.
Relievers	Your reliever inhaler (usually blue), is a short acting treatment that is used immediately as needed to relieve asthma symptoms. It works by relaxing the muscles in your airways.
Long-acting relievers	These work in a similar way to reliever inhalers but the effects last longer. They should only be used if a preventer inhaler is also prescribed and then given as a combination inhaler, in the same device as your daily preventer medicine.
Fostair 100/6 MART	<p>This is a combination inhaler containing formoterol as its long acting reliever medication, which can also be used as your emergency, short acting reliever treatment. You can therefore use your MART inhaler when your symptoms come on; and daily as prescribed as your preventer treatment.</p> <p>This also means that you probably won’t need a separate reliever inhaler.</p>

My daily MART routine using - FOSTAIR 100/6

For maintenance therapy, take your inhaler:

- 1 puff in the morning. 
- 1 puff in the evening. 

For reliever therapy, take your inhaler:

- 1 puff at any time in response to symptoms, but no more than 6 a day.



You should not take more than 6 reliever puffs per day.

This means that in total you cannot take more than 8 puffs per day:



You should take your maintenance doses everyday even when you feel well. With this daily routine, you should expect / aim to have no asthma symptoms, activity restriction or attacks and your peak flow should be above 80% of your best.

Other asthma medication:

My Asthma Action plan

My personal best peak flow is :

My Asthma is getting worse if:	My Peak flow is	Action I need to take
<ul style="list-style-type: none"> • I am needing my Fostair reliever 3 times a week or more • My symptoms are coming back • I am waking in the night • My symptoms are interfering with my usual activities (at work, exercising) 	<80%	<ul style="list-style-type: none"> • Ensure / continue to use my Fostair every day as prescribed PLUS 1 additional inhalation as needed to relieve symptoms – no more than 6 reliever doses per day. <p>See GP/nurse within 24 hours if I get worse at any time or if I haven't improved after 7 days.</p>
<ul style="list-style-type: none"> • I am needing 6 Fostair reliever inhalations a day – (8 in total) <p>AND/OR</p> <ul style="list-style-type: none"> • My symptoms are getting worse and I am out of breath 	60%	<ul style="list-style-type: none"> • Seek same day review with GP/nurse to start rescue steroid tablets. • Advice as above <p>See GP/nurse within 24 hours if I get worse at any time or if I haven't improved near to completion of my rescue steroids.</p>
<ul style="list-style-type: none"> • I feel I need more than 6 reliever inhalations per day <p>AND/OR</p> <ul style="list-style-type: none"> • I am finding it difficult to breathe • I am too breathless to walk/talk in sentences 	<50%	<p>I am having an asthma attack - this needs emergency action now. I should seek medical advice immediately by calling my GP, or an ambulance.</p>

Emergency Action and Treatment

If my symptoms are getting worse quickly and my Fostair reliever inhalations are NOT relieving my symptoms - I do not feel better within 5 minutes of taking it, I should:

- Keep calm and sit up straight
- **Take 1 inhalation of my Fostair and wait 1-3 minutes. If there is no improvement in symptoms take another inhalation. I can take up to a maximum of 6 extra inhalations in a 24 hour period.**
- If there is no improvement in my symptoms I should call 999 for an ambulance.
- If my symptoms improve and I have been able to safely manage my asthma attack at home, I still need to see my GP/nurse today or seek an appropriate medical review after needing emergency treatment.

ASTHMA UK WEBSITE : <https://www.asthma.org.uk>