ASTHMA HOME PLAN OF CARE

My Doctor/Clinic is ________________________________ Phone # ________________________________

My Follow-up Appointment Date/Time or Timeframe is: ________________________________

My triggers are:

My Controller Medications
Take these every day as directed to control asthma and avoid asthma triggers. Check peak flow ________ times per day and keep a diary of your numbers (if measuring peak flows).

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Dose</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Pulmicort Turbohaler</td>
<td>☐ 1 puff ☐ 2 puffs</td>
<td>☐ once a day</td>
</tr>
<tr>
<td>☐ Pulmicort Respules</td>
<td>☐ 0.25 mg inhaled ☐ 0.5 mg inhaled</td>
<td>☐ once a day</td>
</tr>
<tr>
<td>☐ Flovent 44, 110, 220</td>
<td>☐ 1 puff ☐ 2 puffs</td>
<td>☐ twice a day</td>
</tr>
<tr>
<td>☐ Advair 100, 250, 500</td>
<td>☐ 1 puff ☐ 2 puffs</td>
<td>☐ twice a day</td>
</tr>
<tr>
<td>☐ Symbicort 80, 160</td>
<td>☐ 1 puff ☐ 2 puffs</td>
<td>☐ twice a day</td>
</tr>
<tr>
<td>☐ Singulair</td>
<td>☐ 4 mg orally ☐ 5 mg orally ☐ 10 mg orally</td>
<td>☐ once a day</td>
</tr>
<tr>
<td>☐ Controller Medication Not Applicable</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

My Rescue (Reliever) Medications (circle appropriate form):

Albuterol Metered Dose Inhaler (MDI) OR Nebulized Albuterol 0.083% ≈ 2.5 mg in 3 mL

If your child is free of symptoms (feels good, no cough or wheeze, and no shortness of breath), OR their peak flows are in their Green Zone (if measuring peak flows), your child should:

• Take controller medicines as prescribed
• Continue to measure peak flows on a daily basis
• Avoid asthma triggers

In the Green Zone, your peak flow will be ______ or more (greater than or equal to 80% of predicted or personal best).

Follow these instructions if your child is having difficulty breathing based on his/her symptoms.

If your child has a mild wheeze, chest tightness, trouble playing or exercising, is breathing faster than normal, OR their peak flow is in the Yellow Zone (if measuring peak flows), your child should:

• Sit quietly and relax and take deep breaths. Drink lots of fluids.
• Take albuterol ☐ 2 puffs, ☐ 4 puffs, ☐ 0.25cc, ☐ 0.5cc, ☐ 1cc, ☐ other: ___________ , wait 20 minutes. Recheck peak flow or symptoms in 20 minutes. If back to normal, continue green zone daily medicines.
• If better but not back to normal (only mild symptoms), take albuterol ☐ 2 puffs, ☐ 4 puffs, ☐ 0.25cc, ☐ 0.5cc, ☐ 1cc, ☐ other: ___________ , and recheck peak flow. Call doctor listed above for further instructions.
• If NOT BETTER, give albuterol ___________ every 20 minutes 2 more times and call the doctor NOW.

In the Yellow Zone, your peak flow will be ______ to _______ (50%-80% of predicted or personal best).

If your child has a bad cough or wheeze, trouble walking or talking, shortness of breath, chest sucking in (retractions), is breathing a lot faster than normal, OR their peak flows are in the Red Zone (if measuring peak flows), your child should:

• Sit quietly and relax and take deep breaths
• Take albuterol ☐ 4 puffs, ☐ 0.5cc, ☐ 1cc, ☐ other: ___________ and call your doctor immediately. If not available, go to the hospital. NOW!
• Call 911 if symptoms are severe; lips or fingernails are pale, gray, blue, or purple; passes out or faints; becomes combative or confused. These symptoms are life threatening and need immediate medical attention.

In the Red Zone, your peak flow will be ______ or less (less than 50% of predicted or personal best).

Signature/Title __________________________ Date ___________ Time ___________

Copy on chart and original given to parent/patient/caregiver

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