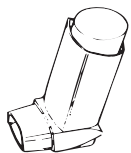


Types of inhalers used for MART

Combination inhalers



Metered Dose inhaler (aerosol)

Inhalers containing steroids (preventers)



Turbohaler (dry powder)

Combination inhalers (preventers)



NEXThaler (dry powder)

Inhaler technique reviewed.....

Scan the QR code to
know more about
inhaler technique via
Asthma and Lung UK.



Triggers (please tick) ☒

- ☐ Dust/House dust mite
- ☐ Animals/pets
- ☐ Food
- ☐ Hayfever (tree/grass)
- ☐ Perfume or chemical sprays.....
- ☐ Occupational triggers.....
- ☐ Other
- ☐ No asthma triggers identified.....

Advice from hospital / clinic

- Ensure you book an appointment with GP/Practice Nurse within one week of hospital discharge
- Discharged from hospital / clinic with a peak flow meter **Yes / No**
- Follow up appointment at QEHB with Nurse/Doctor/telephone review post discharge

Smoking history

- Smoker **Yes / Never / Ex**
- Readiness to quit **Yes / No**
- Quit information advice provided ☐
- Patient declined information ☐

Accessibility

To view this information in a different language or use text-to-speech reader visit **www.uhb.nhs.uk**, click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille, please email **interpreting.service@uhb.nhs.uk**



Queen Elizabeth Hospital Birmingham

Mindelsohn Way, Edgbaston
Birmingham, B15 2GW
Telephone: 0121 371 4805



Asthma MART Action Plan

Patient name:

NHS number:

Hospital number:

Respiratory Consultant:

Date plan issued:

Building healthier lives

UHB is a no smoking Trust

How do I feel?

Good control

- I can complete my usual activities
- I have no symptoms during the day
- My asthma symptoms do not disturb my sleep

Worsening Asthma

- Getting a cold – my symptoms include coughing wheezing, chest tightness and shortness of breath
- I am waking up at night
- I can do some but not all of my usual activities
- I need to use my reliever inhaler

Severe Asthma (Asthma Attack)

- My reliever inhaler is not working
- I find it difficult to breathe
- I find it difficult to walk or talk
- I am waking up at night with a cough, wheezing, shortness of breath and chest tightness

What is my peak flow reading?

My personal/predicted best peak flow is

.....

My peak flow is between 90–100% of my best reading.

It is

My peak flow is between 60–90% of my best reading.

It is

My peak flow is below 60% of my best reading.

It is

What to do?

Maintenance dose:

I should take my MART inhaler every day even when well.

Take puff(s) in the morning

Take puff(s) at night

Reliever dose:

I can continue to take one puff of my MART inhaler as needed to deal with my asthma symptoms, up to a maximumof puffs a day (including my morning and night puffs.

If you're regularly using extra doses of your MART inhaler for 3–4 days and your peak flow is not improving, then contact your GP as you may need 40mg prednisolone for 5–7 days.

THIS IS AN EMERGENCY – TAKE ACTION NOW
Do not ignore worsening symptoms of asthma.

1. Sit up straight – try to keep calm
2. Take one puff of your MART inhaler every 1 to 3 minutes up to 6 puffs
3. If you feel worse at any point or you don't feel better after six puffs call 999 for an ambulance
4. If the ambulance has not arrived after 10 minutes and your symptoms are not improving, repeat step 2 and contact 999 again