Québec

PRESCRIPTION FORM

Action Plan for Asthma Attacks

- EMERGENCY SETTING -

With the collaboration of the McGill University Health Centre

Name of the institution

Telephone

File

Name

Address

Date of birth

Allergies

Weight _______ kg

My asthma is under control

If:

● I answered YES to none (0) of the questions on the Asthma Quiz. (See on back) AND

● I feel good

My asthma is not well controlled

If:

◆ I answered YES to 1 or more questions on the Asthma Quiz. (See on back) OR

◆ I cough, wheeze or have difficulty breathing OR

◆ I am getting a cold

Today, my asthma is out of control

To treat this asthma attack, the doctor recommends that I take:

✓ CONTROL medication
  (To reduce inflammation)

  ____________ µg/puff

  (colour)

  ____________ puff(s)

  ______ times/day

  #:____ R:____

  □ until I see my doctor again OR □

  (duration of treatment)

✓ RELIEF medication
  (To open airways)

  ____________ µg/puff

  (colour)

  ____________ puff(s) IF NEEDED

  #:____ R:____

  when I cough, wheeze or have difficulty breathing.

  IF I HAVE TO REPEAT WITHIN 4 HOURS, I CALL OR SEE A DOCTOR

◆ Oral corticosteroids
  (To reduce inflammation)

  ____________ (name)

  ____________ (strength)

  ____________ (dose)

  ____________ time(s)/day for ____________ days

  #:____ R:____

✓ OTHER medication(s)

  #:____ R:____

✓ Holding chamber
  (See tips on back)

  #:____ R:____

Dr.

Signature

Licence No.

Print Name

Date

After this asthma attack, the doctor recommends that I see within 6 weeks:

✓ My doctor ____________________________ to receive a NEW Action Plan to stay under control.

✓ My pharmacist or asthma educator ____________________________ to talk about 5 tips to stay under control.
  (See on back)

After returning home, if:

✓ My cough, wheeze or breathing is getting worse OR

✓ My RELIEF medication (BLUE or ____________ pump) helps me for less than 4 hours OR

◆ I don’t feel better within ____________

What to do? It’s URGENT:

I have to take my relief medication again and call or see a doctor immediately.

ORIGINAL – PHARMACIST

AH-098A-DT
Action Plan for Asthma Attacks

- EMERGENCY SETTING -

With the collaboration of the McGill University Health Centre

Name of the institution

Telephone

If:

- I answered YES to none (0) of the questions on the Asthma Quiz (See on back) AND
- I feel good

My asthma is under control

If:

- I answered YES to 1 or more questions on the Asthma Quiz (See on back) OR
- I cough, wheeze or have difficulty breathing OR
- I am getting a cold

My asthma is not well controlled

Today, my asthma is out of control

To treat this asthma attack, the doctor recommends that I take:

- **CONTROL medication**
  - (To reduce inflammation)
  - ____________ μg/puff (colour) ____________ puff(s) times/day #: ___ R: ___
  - [ ] until I see my doctor again OR [ ]
  - (duration of treatment)

- **RELIEF medication**
  - (To open airways)
  - ____________ μg/puff (colour) ____________ puff(s) IF NEEDED #: ___ R: ___
  - when I cough, wheeze or have difficulty breathing.
  - IF I HAVE TO REPEAT WITHIN 4 HOURS, I CALL OR SEE A DOCTOR

- **Oral corticosteroids**
  - (To reduce inflammation)
  - ____________ time(s)/day for ___ days #: ___ NR

- **OTHER medication(s)** #: ___ R: ___

- **Holding chamber** #: ___ R: ___

After this asthma attack, the doctor recommends that I see within 6 weeks:

- [ ] My doctor ___________________________ to receive a NEW Action Plan to stay under control.
- [ ] My pharmacist or asthma educator ___________________________ to talk about 5 tips to stay under control.

After returning home, if:

- [ ] My cough, wheeze or breathing is getting worse OR
- [ ] My RELIEF medication (BLUE or ____________ pump) helps me for less than 4 hours OR
- [ ] I don’t feel better within ___________________________

What to do? It’s URGENT:

I have to take my relief medication again and call or see a doctor immediately.

COPY - MEDICAL CHART
Asthma is a disease that affects my lungs (bronchi) EVERY DAY, even between asthma attacks. I can control my asthma if I take care of it EVERYDAY, even when I feel good.

5 TIPS TO STAY UNDER CONTROL

1 Get some help.

My pharmacist or my asthma educator are there to help me understand how to treat my asthma and how to use my Action Plan. I can find an asthma educator by calling the RQAM* at 1 877 441-5072.

*Réseau québécois de l’asthme et de la MPOC
www.rqam.ca

2 Avoid asthma triggers.

- I must avoid smoking or being in a house or a car where someone smokes.
- I have to pay attention to what makes my asthma act up and try to avoid it.
- If I have a cold, I will use my Action Plan, blow my nose and clean it with saline water, if needed.

3 Take my medication, as prescribed.

- I review the way I use my pumps (inhalers) with my pharmacist or my asthma educator.
- My tricks to remember to take my medications are: ________________.

4 Take the Asthma regularly.

IN THE LAST 7 DAYS, did I cough, wheeze or have difficulty breathing...

1) During daytime, 4 days or more? YES NO
2) Enough to wake up at night, 1 or more times? YES NO
3) Enough to use my RELIEF medication (BLUE or___________ pump) 4 or more times, not counting 1 time per day before exercise? YES NO
4) Enough to limit my physical activity? YES NO
5) Enough to miss regular activities, school or work? YES NO

How many times did I answer YES? ______

5 See my doctor regularly.

If none (O): asthma is under control
If 1 or more: asthma is not well controlled

My doctor is there to help me reach my goal.

- The doctor wants to see how well I am doing and review my score on the Asthma Quiz.
- Together, we will discuss a NEW Action Plan with instructions when my asthma is under control and when it is not well controlled.
- This NEW Action Plan will help me: - Keep my asthma under control everyday.
- Prevent another asthma attack.

This aid tool has been endorsed by the Quebec Professional Orders (CMO, OPG, OHO), the Medical Federations (FMOQ, FMSQ), the Associations of Pharmacists, Pneumologists, Pediatricians, Emergency Physicians as well as the Réseau québécois de l’asthme et de la MPOC.

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Le présent document est aussi publié en français.