



Information for patients, relatives and carers

Asthma Action Plan

You have been sent home from the Emergency Department following treatment for your asthma attack. You have been treated and then observed for a period of time to make sure that the asthma attack does not re-occur. You can now continue the treatment at home and must continue with your regular inhalers.

Your peak flow reading on arrival was	l/min
Your peak flow before leaving was	l/min
Your best predicted peak flow is	l/min

Medicines

You may have been supplied with:

- Prednisolone 40mg tablets (steroid). Take these tablets (usually eight tablets) every day for the prescribed duration.
- Inhalers (if you are running out). We will check that you are using your inhaler correctly before you are allowed home. Remember to carry your reliever (blue inhaler) with you at all times, and use your preventer (brown inhaler) regularly, even when you are feeling well.
- Other medicines. Occasionally we will prescribe antibiotics for bacterial infections.

Your GP will be sent an electronic discharge letter containing details of the treatment that you have received.

You need to make an appointment to see your asthma nurse or GP within seven days even if you are improving. This is to review your medication, progress and to try to prevent any future attacks.

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

Date this version published	November 2022
Review Date	November 2025
Document Reference	PIL1455 v2, Asthma Action Plan

© 2022 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.

www.yorkhospitals.nhs.uk

