

Asthma Attack Action Plan

Mild/moderate asthma

- Wheeze
- Shortness of breath
- Working harder to breathe
- Feels tight chested
- Persistent dry cough



- Stay calm and reassure
- Encourage to sit upright

If using a blue inhaler for relief:

- Give 2 puffs through a spacer, 1 puff at a time
- Shake inhaler between each puff
- Encourage 5 slow breaths after each puff
- If symptoms do not improve after a few minutes, give 2 more puffs

If using a MART inhaler for relief:

- Ask them to take 1 puff of their inhaler
- If symptoms are not improving after a few minutes, ask them to take 1 more puff



Has there been a good response?



YES



NO

- Sit with a member of staff for 15 mins
- If remains well, they can return to class
- If symptoms return, repeat treatment as above and contact parent/carer to collect

- Follow personalised action plan
 - Contact parent/carer to collect
- If using a **blue inhaler**
give 2 more puffs and repeat doses if needed up to a maximum total of 10 puffs

If using a **MART inhaler**
Give 1 more puff and repeat dose as needed up to a maximum total of 6 puffs

If there is increasing wheeze and chest tightness, treat as severe/life threatening asthma

Severe/life threatening asthma

- Breathing hard and fast
- Too breathless to talk in sentences
- Looks frightened and/or exhausted
- Blue or pale lips
- Confused or unresponsive



- Ask a colleague to **DIAL 999** (ambulance), contact parent/carer
- Stay calm and reassure
- Encourage to sit upright

If using a blue inhaler for relief:

- Give blue inhaler whilst awaiting urgent help
- Give 1 puff every 30 seconds
- Shake inhaler between each puff
- Encourage 5 breaths through spacer after each puff
- Give up to 10 puffs if needed.
- If not improving, give additional doses until ambulance arrives.

If using a MART inhaler for relief:

- Take 1 puff every 30 seconds, up to a maximum of 12 puffs
- If unable to use their MART inhaler or maximum doses exceeded, give up to 10 puffs of **blue inhaler** through a spacer.
- If not improving, give additional doses of **blue inhaler** until ambulance arrives.