

My asthma checklist



Respiratory Care WA

Asthma | COPD | Respiratory Health

*Helping Western Australians
live their best life since 1964.*

Asthma Control

Most days you should be free of asthma symptoms but triggers may make your asthma worse. Using this checklist can help you to identify your triggers, and along with your Asthma Action Plan, it will help you to know when to see your doctor or change your usual treatment.

Good asthma control means:

- Able to do all your usual activities eg. running, playing
 - No asthma symptoms at night or on waking
 - Daytime symptoms no more than two days per week
 - Need reliever no more than two days per week*
 - Symptoms ease quickly after reliever use
- *not including reliever puffer taken before exercise

Asthma Symptoms



**Shortness of
breath**



**Chest
tightness**








Wheezing



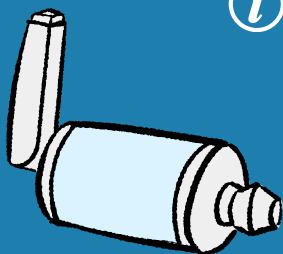
Coughing

Using a spacer

Check to see if your child is using their puffer (metered-dose inhaler) with a spacer correctly. If you use a puffer, a spacer will help to get the right dose of medicine into your lungs.

<input type="checkbox"/>		Hold the inhaler upright and give it a good shake
<input type="checkbox"/>		Fit the puffer into the opening at the end of the spacer
<input type="checkbox"/>		Seal the lips firmly around the mouth piece and press the puffer once only
<input type="checkbox"/>		Take 4 slow breaths in and out through your mouth. Do not remove the spacer from your mouth between breaths
<input type="checkbox"/>		Remove the spacer from your mouth. Repeat the above steps for further doses

Note: Children under the age of four can use a mask with a spacer.



i How to care for your spacer

1. Dismantle spacer
2. Wash in clean warm soapy water using kitchen detergent
3. Do not rinse or wipe dry. Allow to air dry (rinsing and wiping dry with a towel will create static)
4. Wipe mouthpiece clean of detergent before use

**Remember not to share your spacer with anyone else and replace it yearly*

Triggers

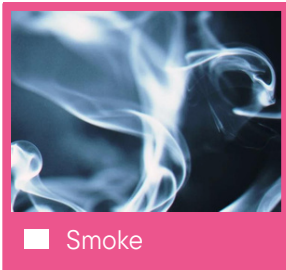
A trigger is something that can set off your asthma symptoms. Tick the triggers that you know make your asthma worse.



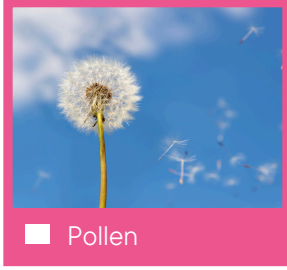
Exercise/Activity



Cold and Flu



Smoke



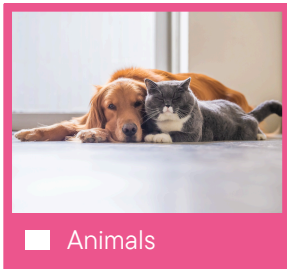
Pollen



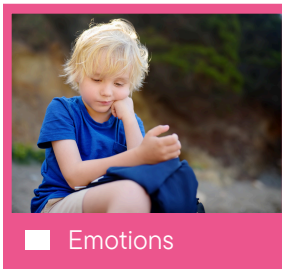
Dust mites



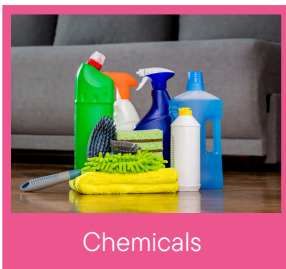
Weather



Animals



Emotions



Chemicals

Other

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To learn more about asthma, triggers, device technique and asthma first aid, speak to our Respiratory Health Team on (08) 9289 3600.



Asthma First Aid

For Salbutamol (eg. Ventolin® or Asmol®)

1



Keep calm and sit up straight

2



Have 4 doses of reliever inhaler

Use a spacer if possible, one dose into the spacer at a time, taking four breaths after each dose.

3



Wait 4 minutes

If there is no improvement, have four more separate doses of reliever inhaler as above.

4



If no improvement

call an ambulance (dial 000)

Keep giving four separate doses every four minutes until ambulance arrives



Asthma First Aid

For Bricanyl® and Symbicort®

1 Keep calm and sit up straight



Have your reliever inhaler

Bricanyl Turbuhaler: Have 2 separate doses

Symbicort Turbuler: Have 2 separate doses

Symbicort Rapihaler: Have 2 separate doses

(Use a spacer if possible, 1 dose into a spacer at a time, taking 4 breaths after each dose)



3 If there is no improvement

Bricanyl Turbuhaler: Have 1 more dose

Symbicort Turbuhaler: Have 1 more dose

Symbicort Rapihaler: Have 2 more doses



If no improvement, call ambulance (dial 000)

4 While waiting for the ambulance:

Bricanyl Turbuhaler: Have 1 dose every 4 mins

Symbicort Turbuhaler: Have 1 dose every 4 mins (up to 6 max)

Symbicort Rapihaler: Have 2 doses every 4 mins (up to 8 max)



**Call Respiratory Care WA on (08) 9289 3600
to speak to a member of our Respiratory Health
Team or to book a free consultation.**

For more information about asthma, symptoms, triggers,
medication and asthma first aid, please visit our website:
respiratorycarewa.org.au



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