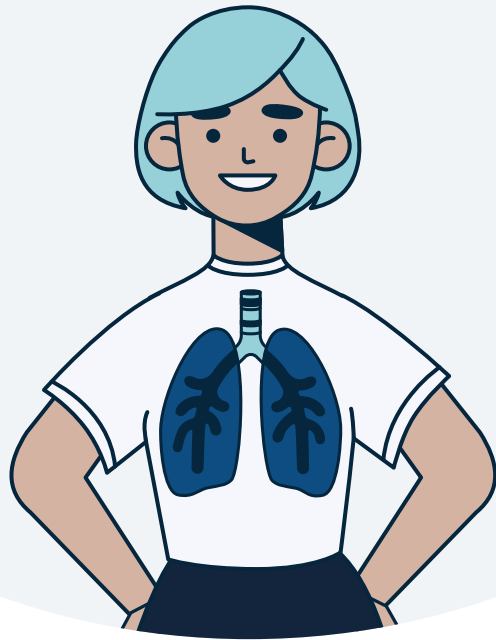


My MART Asthma Action Plan



What is asthma?

Asthma is a chronic inflammatory disease of the airways. The airways become sensitive and react to triggers. (see asthma triggers)

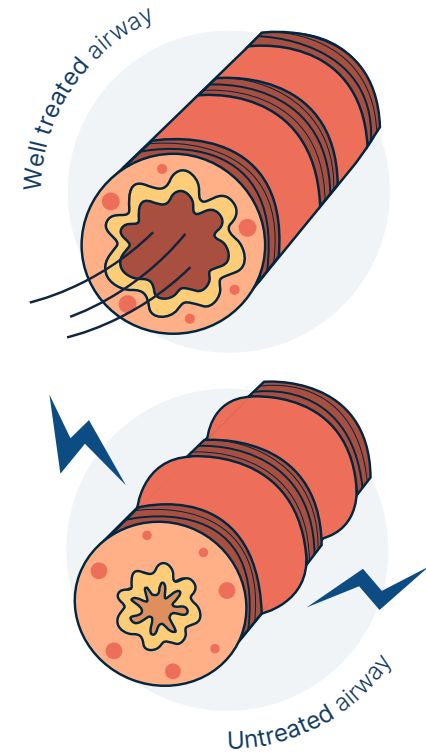
Symptoms include wheezing, breathlessness, chest tightness, and coughing.

Treat asthma using a single MART inhaler to reduce inflammation and open the airways.

Have a personalised asthma action plan

Management involves avoiding triggers where possible and taking inhalers as prescribed.

Asthma control is good when I have no symptoms BUT I should still use my inhaler every day.

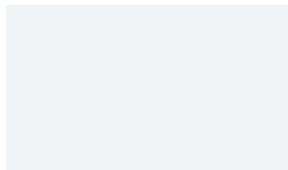


First name:

MART inhaler type:

Surname:

Please take a photo of your inhaler and upload it from your device.



Surgery:

Usual daily dose (plus extra reliever doses as needed - see plan):

Nurse/doctor name:

Other asthma medication:

Date completed:

/ /

What is a MART Plan?

A MART (Maintenance and Reliever Therapy) plan is a simple way to manage asthma with one inhaler:

1 One inhaler for everything
Daily treatment and quick relief of symptoms.

✓ Convenient
Easy to remember and manage.

■ Combination inhaler
2 medicines, one to reduce inflammation and the other to open airways.

⚙️ Personalised and tailored to your specific needs for better asthma control.

Asthma Triggers



Asthma triggers are things that can cause asthma symptoms or attacks. Tick the boxes to highlight your triggers.

<p>Strong smells</p>	<p>Smoke</p>
<p>Strong emotions</p>	<p>Furry pets</p>
<p>Exercise</p>	<p>Colds</p>
<p>Cockroaches</p>	<p>Pollen</p>
<p>Changes in the weather</p>	<p>Mould and mildew</p>
<p>Food allergies</p>	<p>Dust</p>
<p>Cold weather</p>	<p>Other</p>



My asthma is good



I don't have a cough or wheeze. I can exercise as usual and I'm sleeping well.

To keep my asthma under control: I take my normal treatment every day, even when I feel well. I use the same inhaler as a preventer (maintenance) and as a reliever.

I take __ puff(s) AM and __ puff(s) PM.

I use my inhaler as a reliever if I get asthma symptoms: I take one puff as needed.

My asthma is not good



I am breathless, I'm coughing, especially at night, I have difficulty sleeping (because of my asthma) or I need extra puffs 3+ times a week.

When my asthma is not good: I must continue taking my normal treatment every day AND:

- Take 1 extra puff as needed

My inhaler is:

Budesonide + formoterol: I can take ____ additional puffs a day

Beclometasone + formoterol: I can take ____ additional puffs a day

- Seek medical advice if I need more than 8 puffs in 24 hours, even if I'm feeling better

I am having an ASTHMA ATTACK



My inhaler is not helping despite increased doses of my inhaler. I am struggling to breath, have excessive coughing, a tight chest, I'm wheezy and unable to speak in full sentences.

Seek emergency medical advice – CALL 999

- Sit upright and keep calm
- Loosen tight clothing
- Take 1 puff → Wait 1-3 minutes → no improvement → take 1 puff. Repeat up to a maximum of 6 puffs.

Even if I feel better I should see my doctor or nurse immediately after an asthma attack.

If help does not arrive, call 999 again

Produced by Primary Care Respiratory Society Charity. No 1098117 Company No 4298947 www.pcrs-uk.org.

We are grateful to Orion Pharma (UK) Ltd for sponsoring PCRS in developing resources for the Maintenance and Reliever Therapy (MART) in asthma project. The sponsor has had no input into the resource content.

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Produced: October 2024. Date of review: October 2025.

